

PUBLIC HEARING

AgeSmart Community Resources will be holding virtual **Public Hearings** on Wednesday, May 10, 2023 to share the Area Plan on Aging for FY2024.

Older adults, caregivers, community members, and organizations interested in learning more about aging services, are encouraged to attend. It is an opportunity for you to help us identify gaps in services and make recommendations for future possibilities. Make your voices heard!

Date: Wednesday, May 10, 2023

Time: 9:00 AM CST

11:00 AM CST

Visit www.AgeSmart.org to register.

Written comments accepted until 4:00 p.m. May 17, 2023 at:

AgeSmart Community Resources

801 W. State St.

O'Fallon, IL 62269

Purpose of the Public Hearing and the Public Information Document

AgeSmart Community Resources (AgeSmart) is conducting public hearings on the FY24 Area Plan on Aging for the three-year cycle FY22-24. The public is welcome and encouraged to attend the public hearings to discuss and make comments on the Area Plan on Aging.

The Area Plan on Aging is a planning, management, and grant award document. The full Area Plan format is prepared by the Illinois Department on Aging (IDOA). The Area Plan may be fine-tuned or even redesigned during the year as activities and funding dictate. Some proposed activities might be reconsidered after research and feedback during the planning stages. AgeSmart submits amendments to the Area Plan each year in the format required by IDOA.

This Public Information Document is the official summary of the proposed Area Plan for FY24 beginning October 1, 2023 and ending September 30, 2024. All activities are subject to available funding.

The Public Information Document is for the reader to use as a tool to stimulate comments and questions at the Public Hearings. (See above for the date and time.) Comments must be written and presented orally at the Public Hearings or in written form only and delivered to AgeSmart no later than 4:00 p.m. on May 17, 2023.

What's Inside...

Service Priorities

Initiatives

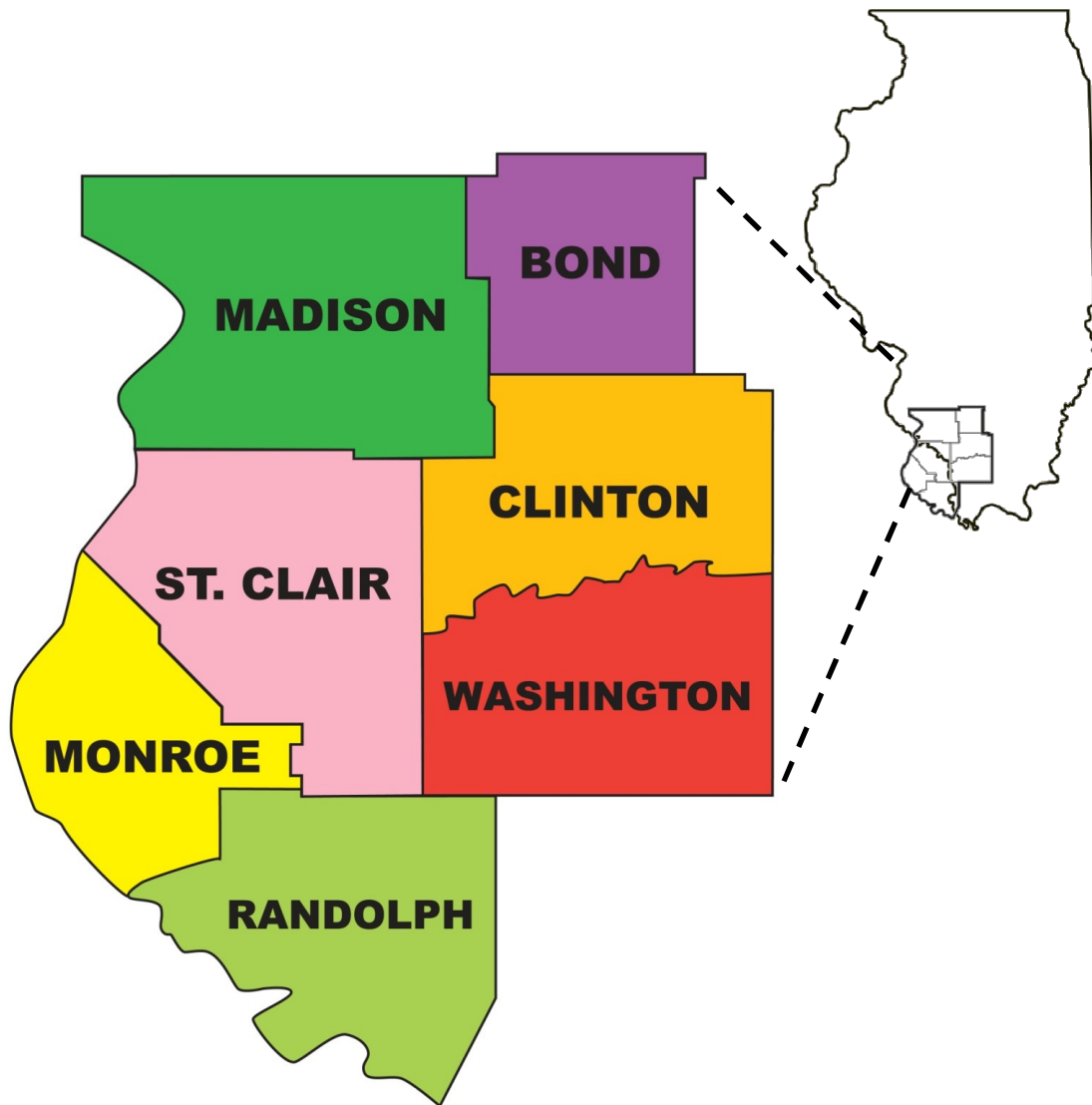
Administration

Services Provided

Home Delivered Meals

Revenues/Expenses

Planning and Service Area (PSA) 08



In accordance with the Federal Older Americans Act regulations, the Illinois Department on Aging has divided Illinois into 13 Planning and Service Areas. The 13 Planning and Service Areas in Illinois are each managed and served by an Area Agency on Aging. AgeSmart is a nonprofit organization serving the seven counties in Southwestern Illinois highlighted above.

The Aging Network

In 1965, Congress enacted the Older Americans Act (OAA) in response to concern by policymakers about a lack of community social services for older persons. The Act created an interconnected structure of agencies and services known as the National Aging Network.

Administration for Community Living (U.S. Department of Health & Human Services)



Provides national leadership on aging issues. Recommends policy, develops regulations to implement the OAA, allocates and administers the OAA budget, and disseminates grants for research, training, and model projects.

State Units on Aging (Illinois Department on Aging)



Serves as the state governmental agency for aging issues. Administers, designs, and advocates for benefits, programs, and services for the older persons and their caregivers. Also designates Area Agencies on Aging within the state.

Area Agencies on Aging (AgeSmart Community Resources)



Planning agency at the local level. Responsible for advocacy on behalf of older persons, planning and service development, and administration of a wide variety of funds for community-based services.

Our Mission

AgeSmart enhances the lives of older adults, persons with disabilities and veterans through advocacy, action, and answers on aging.

Who We Are

AgeSmart is an **independent non-profit** organization and is one of over 600 Area Agencies on Aging across the country authorized by the Amended Federal Older Americans Act (OAA) to plan and administer services to persons aged 60 and older, their caregivers, and grandparents raising grandchildren. AgeSmart is one of 13 Area Agencies in Illinois authorized by the Illinois Act on Aging and designated by the Illinois Department on Aging.

AgeSmart plans, coordinates, and acts as an advocate for the development of a comprehensive service delivery system for over 150,000 individuals aged 60 and older in Planning and Service Area 08 (PSA). The PSA is comprised of two high-density counties (Madison and St. Clair) and five low-density* counties (Bond, Clinton, Monroe, Randolph and Washington), two of which are rural (Randolph and Washington).

**Low Density: Community with population under 5,000*

FY23 Board of Directors

An eleven-member Board of Directors governs AgeSmart chaired by Michael Niermann of Madison County, IL. The Board sets policy and makes decisions about programs and funding distribution. Over 60% of the Board members are over the age of 60.

- Rita Boyd.....Randolph County
- Terrance Duncan..... St. Clair County
- Eugene Dunkley.....Bond County
- Sean Eifert..... Bond County
- Donna Frederick*Monroe County
- Rafael Him..... Clinton County
- Barbara JohnsonClinton County
- Rosalie KostECKi.....Washington County
- Klay Tiemann..... Randolph County
- Connie Turner Monroe County
- Linette Warnecke Madison County
- Steven Wolf St. Clair County

**President*

FY23 Advisory Council

A thirteen-member Advisory Council is led by Cindy Hill of St. Clair County, IL. The Council advises AgeSmart on assessing the needs of older adults and their caregivers and makes recommendations on service priorities.

Angela Banks	Dorene Hoosman
Kelly Barbeau	Bhagya Kolli
Connie Barre	Larry McLean
Deborah Carter	Erin McNamara-Stafford
Venita Dixon	Cheryn Sutton
Judy Hevner	Lori Vernier
Cindy Hill *	

**Chairman*

FY23 Staff

- Joy Paeth.....Chief Executive Officer
- Nancy Lonsdale.....Chief Fiscal Officer
- Chris Fulton..... Community-Based Services Manager
- Kiyeon YochGrants/Planning Manager
- Nancy Berry.....Caregiver Specialist
- Sarah Gorline..... Accountant
- Taylor Grimm.....Program Compliance Specialist
- April Hausman..... Benefits Specialist
- Robyn Kessler.....Caregiver Specialist
- Abigail Lagermann..... Administrative Assistant
- Melanie O'Brien..... I & A Resource Specialist
- Michelle Schmidtke..... Benefits Specialist
- Sharon Ludwig/Carol Andrews.....Receptionists
- Kelly Vogler.....Program Compliance Specialist

FY23 Grantees

-  **Bond County Senior Citizens Center, Inc.**
Greenville, IL
(618) 664-1465
- Call for Help, Inc.**
East St. Louis, IL
(618) 397-0968
- Chestnut Health Systems**
Granite City, IL
(618) 877-4420
-  **Clinton County Collaborative**
Carlyle, IL
(618) 594-2321
New Baden
618-224-9913
Trenton
618-224-9913
-  **Collinsville Faith in Action**
Collinsville, IL
(618) 344-8080
- Edwardsville/Glen Carbon-Faith in Action**
Edwardsville, IL
(618) 692-0480
-  **Health Visions**
East St. Louis, IL
(618) 271-7000
- Human Support Services**
Waterloo, IL
618-939-4444 ext 1220
- Land of Lincoln Legal Aid**
East St. Louis, IL
Senior Citizens Legal Services Project
(618) 398-0958 ext.2236
- Lessie Bates Davis Neighborhood House**
East St. Louis, IL
(618) 271-2522
- Mascoutah Senior Services Program**
Mascoutah, IL
(618) 566-8758
- Millstadt Township Senior Services**
Millstadt, IL
(618) 476-3731
-  **Northeastern Randolph County Senior Services, Inc.**
Sparta, IL
(618) 443-4020
-  **Senior Services Plus, Inc.**
Alton, IL
(618) 465-3298
- South Central Illinois Mass Transit District**
Centralia, IL
(618) 532-8076
- SWIC Programs & Services for Older Persons (PSOP)**
Belleville, IL
(618) 234-4410
- St. John's Community Care**
Collinsville
618-344-5008
- Southwestern Illinois Visiting Nurse Association**
Swansea, IL
(618) 236-5863
- The Oasis Institute**
St. Louis, MO
(314) 862-2933
- Village of Steeleville**
Steeleville, IL
(618) 965-3134 ext.5
-  **Washington County Senior Services, Inc.**
Okawville, IL
(618) 243-6533
- Western Egyptian Economic Opportunity Council**
Steeleville, IL
(618) 965-3458
-  **Waterloo Senior Center**
Waterloo, IL
(618) 939-8880
-  **Chester Senior Center**
Chester, IL
(618) 826-5108
-  *Member, Answers on Aging Network Information and Assistance Provider*

Centers for Independent Living

IMPACT	LINC	OFACIL
Alton, IL 618-462-1411	Belleville, IL 618-235-9988	Mt. Vernon, IL 618-244-9212

Area Plan on Aging

Planning Process

AgeSmart assesses service needs of older adults in the seven-county region every three years as a part of the planning process and establishes a priority service list annually. The service priorities reflect those services found to be the greatest need for those older adults in the planning and service area (PSA). A variety of methods are used to identify the needs of older adults, caregivers, and grandparents raising grandchildren in the PSA as outlined below.

- Studying national trends and reports on the needs of older adults, caregivers and grandparents raising grandchildren
- Analyzing U.S. and local census data and other relevant demographic statistics
- Analyzing service utilization using National Aging Program Information System and Enhanced Services Program
- Collecting community input through surveys

AgeSmart presents the findings from the assessments to AgeSmart’s Board of Directors and Advisory Council to establish service priorities and develop new programs. Through monitoring efforts, open dialogue with service providers, and contact with the public, AgeSmart gathers information to make nuanced or significant changes in programs within the planning cycle. The service priorities reflect those services found to be the greatest need for older adults and their caregivers in the region.

2021 Population Estimates for PSA 8

County	Total 60+	60+ Poverty	60+ Minority	60+ Live Alone	75+
Bond	4,416	478	227	1,085	1,340
Clinton	8,899	693	325	2,360	2,723
Madison	65,212	5,274	5,703	16,685	18,964
Monroe	8,835	456	210	1,655	2,586
Randolph	8,110	757	399	2,005	2,465
St. Clair	59,148	5,615	17,283	16,680	16,394
Washington	4,027	286	64	925	1,241
PSA TOTAL	158,647	13,559	24,211	41,395	45,713
STATE TOTAL	2,826,635	258,757	766,473	704,400	822,448

(2021 Census Population Estimates)

Summary of the Needs Assessment for FY22-24 Area Plan

In November 2020, AgeSmart began distributing Older Adults Needs Survey throughout its seven-county region. A paper survey was disseminated to 230 older adults, which included curbside meals participants at twelve (12) senior centers and residents of four (4) senior apartments in St. Clair County. Responses from the surveys were entered in Google Form for analysis.

AgeSmart also conducted an online Community Needs Survey targeting local professionals serving older adults to help identify gaps in the services. Eighty-eight individuals from different sectors of the community participated in the survey. The survey helped us better understand the needs of older adults in our planning and service area and identify the activities and programs needed in the communities.

In addition to the Older Adults Needs Survey, AgeSmart also surveyed family caregivers to learn about the challenges and needs of the caregivers we serve. Fifty-three caregivers responded to the online survey. Further insight was obtained from a virtual caregiver conversation that was hosted by AgeSmart in January 2021.

The surveys were conducted for two months and closed in January 2021. The services proposed in the FY22-24 Area Plan reflect the needs of older adults identified from these surveys.

AgeSmart also reviewed the data from the FY20 Consumer Surveys that were collected during the service delivery by Information & Assistance (I&A) Providers throughout the seven-county region. A total of 867 older adults participated in the survey. Special attention was given to responses to “What services would help you stay independent and help you age well?”. Eighty respondents answered this open-ended question.

Other methods to assess the needs of older adults, family caregivers, and grandparents raising grandchildren (GRG) include:

- Regular communication with caregivers who participate in respite program and conversation about their support needs
- Collecting information about gaps in services and consumer needs through I&A and Options Counseling
- Analysis of GRG gap filling service trends to identify needs and resources available
- Consult local groups and experts on the needs of older adults in the community

AgeSmart is also working with the Illinois Department on Aging and local organizations to help communities become Dementia Friendly and better support those individuals with cognitive challenges. This work also allowed AgeSmart to offer Savvy Caregiver Training and a Stress Busting Program to older adults.

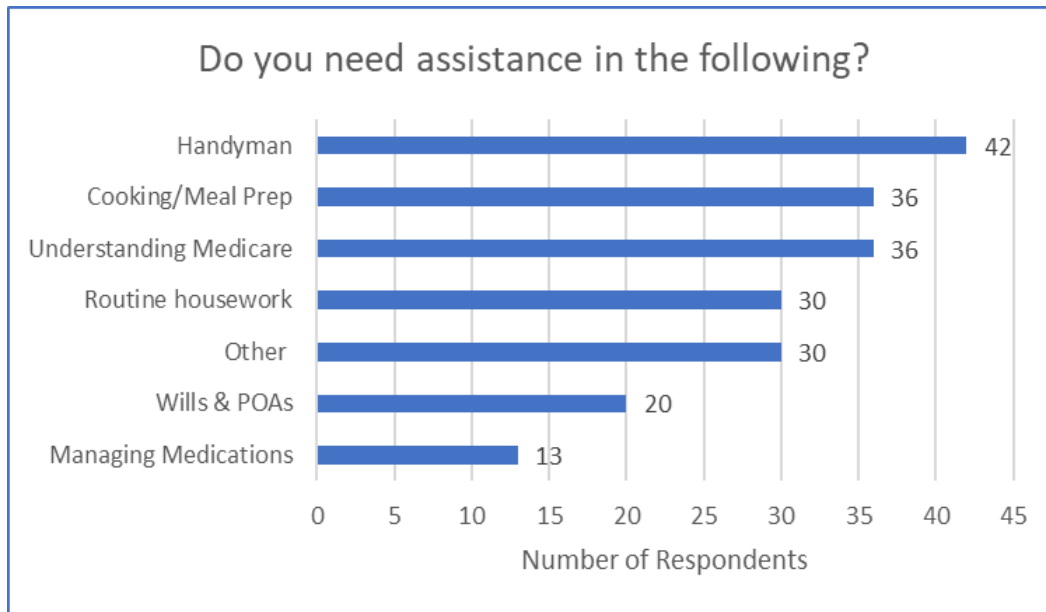
Key Findings

A few common themes emerged that highlighted the most pressing concerns and issues facing the aging population in the community. These common themes will serve as the basis for developing initiatives and programs that can address these needs.

Need for Homemaker and Handyman Service

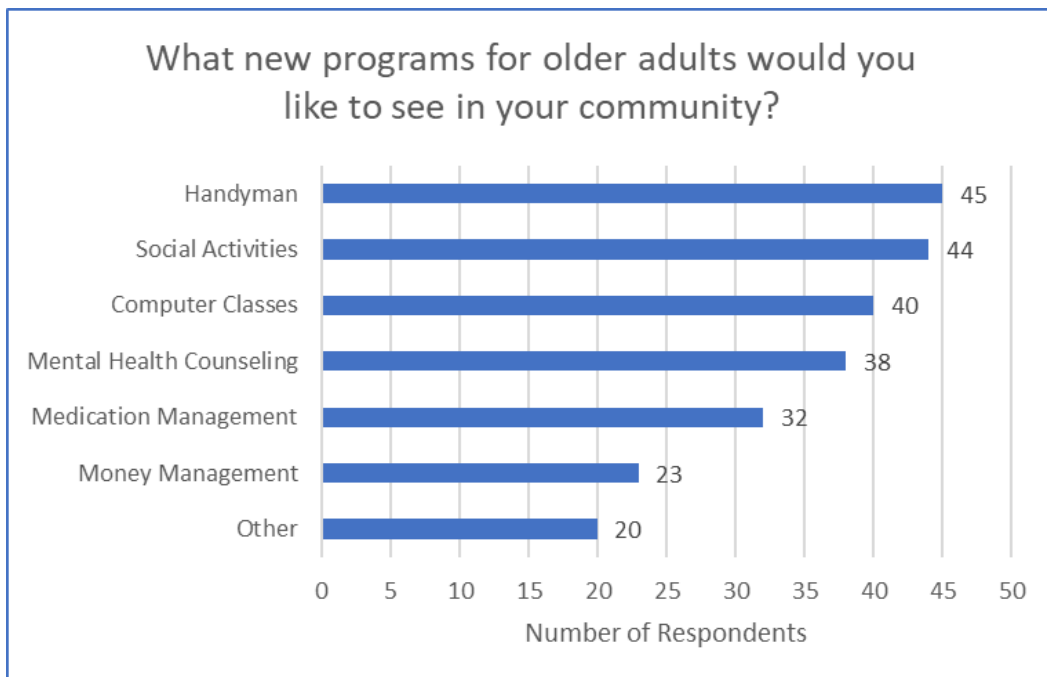
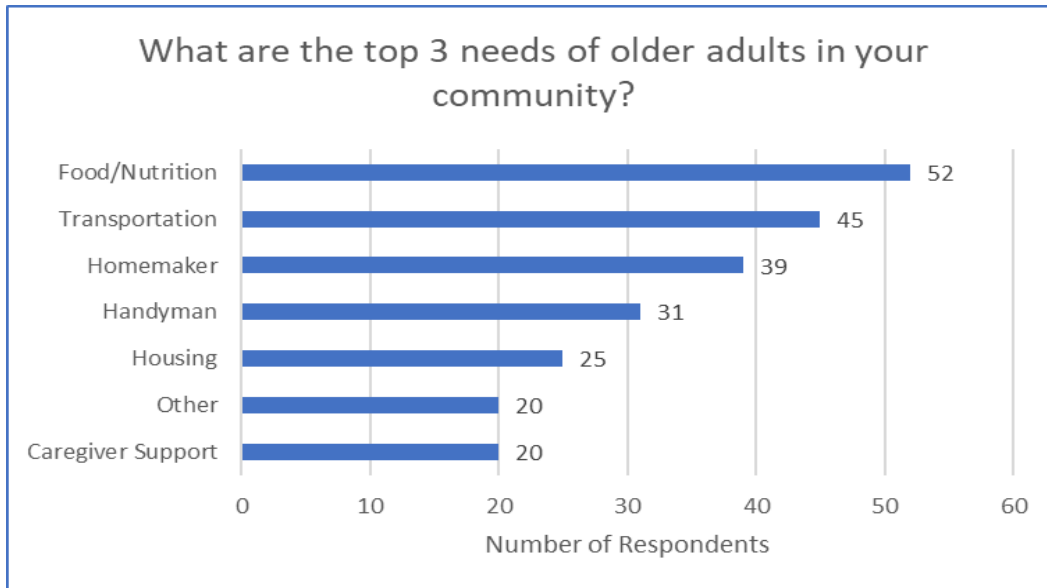
Many older adults have expressed their dependence on external assistance with their routine household chores, which encompass tasks such as preparing meals, cleaning, and doing laundry. However, the cost of private-pay homemaker services is prohibitively high for many of these individuals. Although the Illinois Community Care Program offers homemaker service to low-income individuals, a significant number of older adults do not qualify for this program and cannot afford to pay for private-pay services.

In addition to the need for affordable homemaker services, another unfulfilled demand that was identified is for a handymen service. Older adults who do not have a support system in place require assistance with basic tasks like changing light bulbs and replacing batteries in smoke detectors. Additionally, they often seek help with yard work such as grass cutting, cleaning gutters, and snow removal. Due to the limited scale of minor home repairs and small jobs, it is challenging for older adults to locate reliable and reasonably priced contractors.



Forty-eight percent of the older adults surveyed respondents answered the question about the type of assistance they may need. Of those, nearly 50% reported that they needed assistance with handyman and 30-40% needed help with housework. Assistance with Medicare/Medicaid, medication management, and getting legal affairs in order were also mentioned.

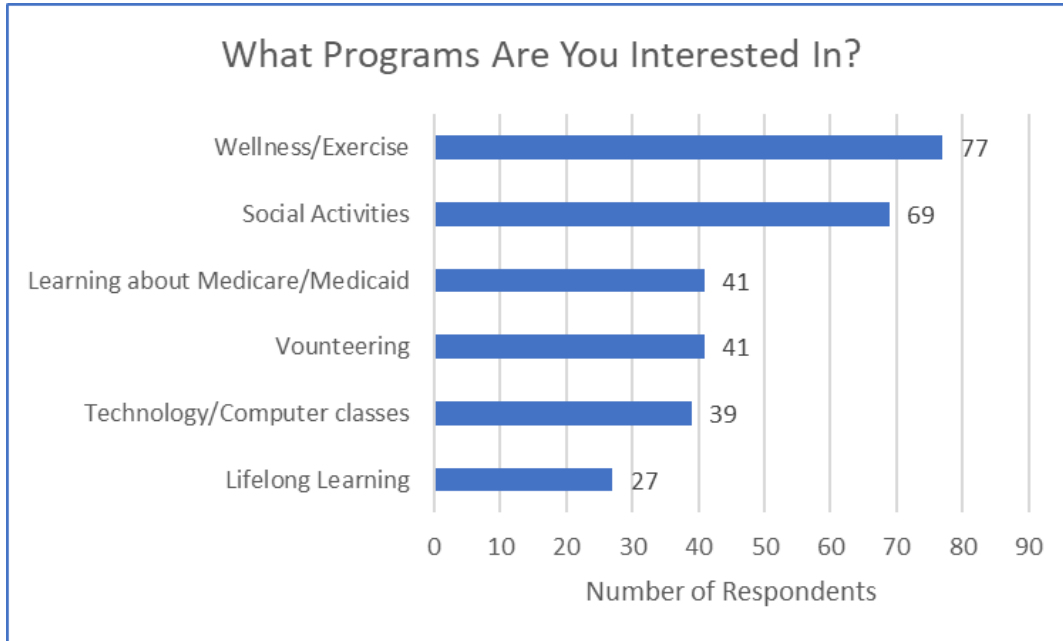
The need for assistance with housework and simple repairs was also identified by professionals in the community. As shown in the chart below, outside of the OAA services that are already being funded (food & transportation), local professionals rated homemaker and handyman as the most needed services. Handyman was also at the top of the list of the new services they would like to see in the community for older adults.



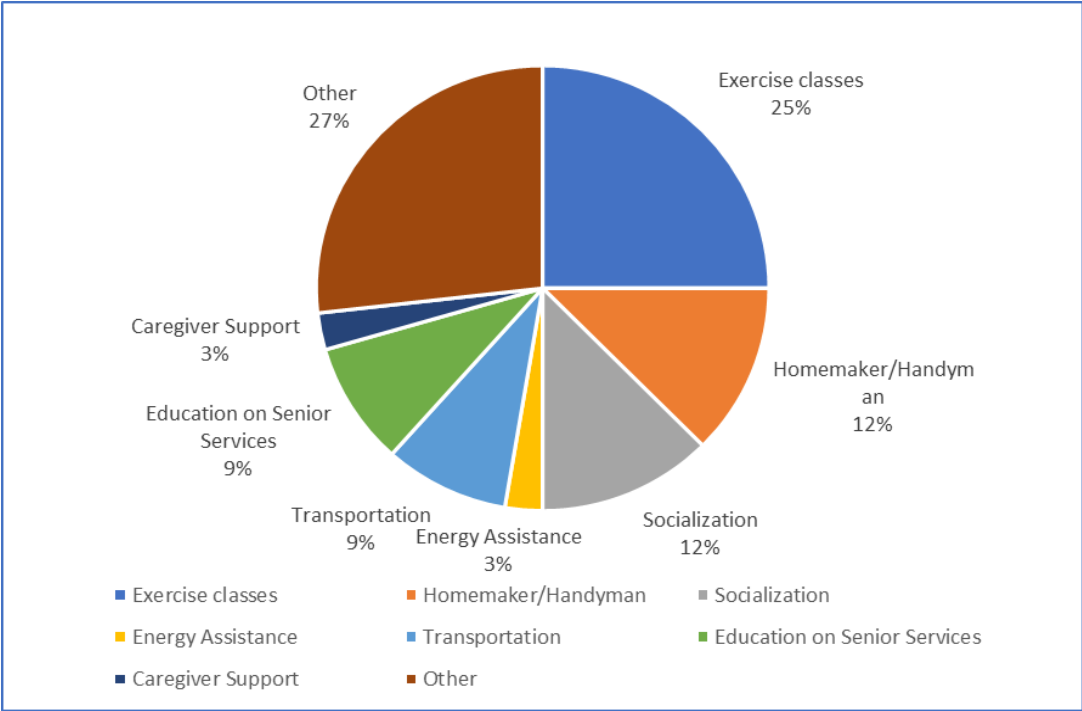
Local professionals also indicated that seniors in their communities would benefit from increased social events and computer classes. This observation corresponds with the findings of the Older Adults Needs Survey, where wellness/exercise and social activities

emerged as the most frequently mentioned programs of interest.

Among the preferred programs for older adults were education on Medicare/Medicaid, computer classes, volunteering, and lifelong learning.

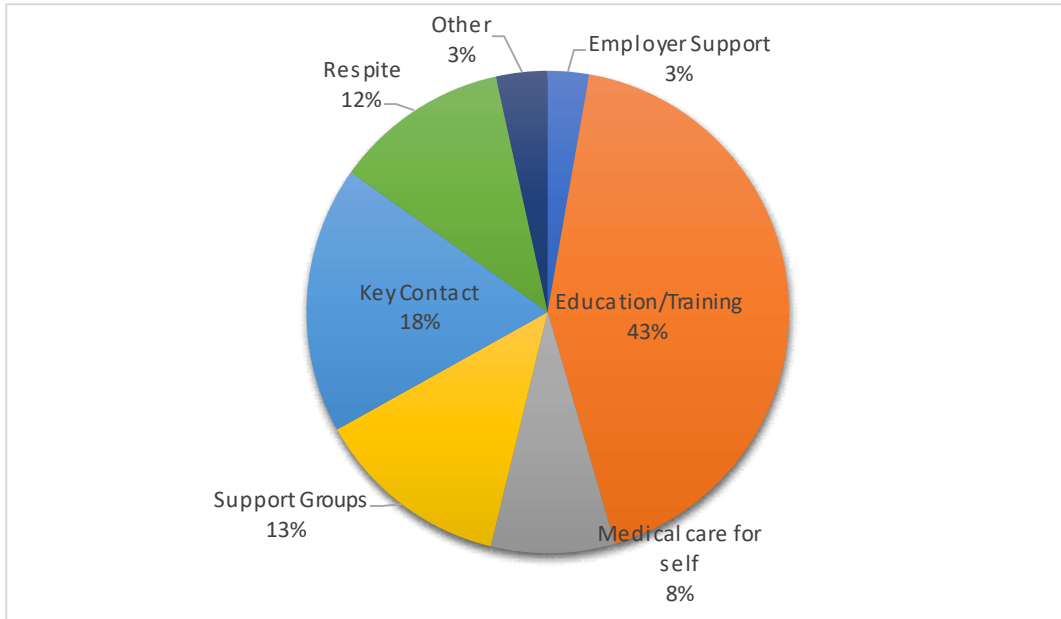


Results from the FY20 I&A Consumer Survey indicated that older adults expressed a need for homemaker/handyman services and exercise classes. In response to an open-ended question asking what services would aid in maintaining their independence and well-being as they age, 110 out of 867 participants provided feedback, as shown in the chart below.



Other services the survey participants desired include financial assistance, affordable housing, legal assistance, and mental health counseling.

The Family Caregiver Survey revealed the continued need for training programs and information assistance for caregivers. Since FY18, AgeSmart has been expanding caregiver training programs. It started with Savvy Caregiving in FY18 and since then AgeSmart has added Stress Busting classes and Memory Cafes. Caregivers feel more confident and have less stress when they have the knowledge and skills to provide safe and effective care. The chart below illustrates the services and support the caregivers needed.



Many caregivers wanted to work with a key contact person for questions and help. This corresponds directly to the response concerning how caregivers would prefer to receive information, which is by individual meeting with a counselor or an information specialist.

Starting in FY22, AgeSmart has expanded the use of Tailored Care (TCare) as a response to caregivers' expressed need for additional resources, such as education/training and personalized support. TCare is an evidence-based program designed to assess and build care plans for caregivers to help avoid crisis incidents and potential long term/skilled care placement. By providing these resources, AgeSmart aims to better meet the needs of caregivers and improve the quality of care they are able to provide.

The aging network has undoubtedly faced significant challenges as a result of the COVID pandemic. AgeSmart will continue to offer virtual programs that allow older adults to stay connected and help them feel less isolated. Evidence-based wellness programs such as “Tai Chi” and “Live Well, Be Well” will continue to be offered virtually.

The Older Americans Act supports a range of home and community-based services that are specifically designed to improve the health and well-being of older adults, while also working to reduce social isolation. These services are an essential component of the broader effort to support older adults and help them maintain a high quality of life.

Statewide Initiative

Enhance Illinois' Existing Community-Based Service Delivery System to Address Social Isolation among Older Adults

During FY2022-2024, the Illinois Department on Aging and Area Agencies on Aging will continue to work in collaboration with local community-based services to address social isolation among older adults. The overall goal is to reduce social isolation and promote well-being in older adults.

Background

Social isolation and loneliness are associated with increased mortality in older adults. Social isolation also has been linked to other adverse health effects, including dementia, increased risk for hospital readmission and increased risk of falls. The AARP Foundation has called social isolation a “growing health epidemic” among older adults. It equates the health risks of prolonged isolation with smoking 15 cigarettes daily.

A recent study by AARP Public Policy Institute, Stanford University, and Harvard University finds that Medicare spends an estimated \$6.7 billion more each year on seniors who have little social contact with others. About 14% of study participants were identified as socially isolated, which meant they had little contact with adult children, other relatives, or friends. The study found that Medicare spent about \$1,600 per year more on older adults who are socially isolated than those who are not. They were one-third more likely to require care in a skilled nursing facility, perhaps because they could not be safely discharged home after a hospitalization.

Risk Factors associated with social isolation are:

- Living alone
- Mobility or sensory impairment
- Major life transitions
- Socioeconomic status
- Being a caregiver for someone with severe impairment
- Psychological or cognitive vulnerabilities
- Location: rural, unsafe, or inaccessible neighborhood/community
- Inadequate social support
- Language barrier

Older adults who feel lonely and isolated are more likely to report also having poor physical and/or mental health, as reported in a study using data from the National Social Life, Health, and Aging Project.

Addressing social isolation among older adults has been one of the Illinois aging network's priorities for the past three years and the COVID-19 pandemic has exacerbated an already serious problem. Avoiding social contacts and practicing social distancing for extended periods of time have certainly affected mental health and well-being of the older population. Older adults are at a higher risk for severe illnesses from COVID-19 and require extra safety measures to help prevent the infection, which means limited social activities for possibly a longer period. For this reason, senior centers were likely among the last facilities to reopen. In response to the pandemic, AgeSmart has implemented the following strategies to combat social isolation.

AgeSmart's strategy to reduce social isolation among older adults

Connecting seniors with social resources, such as senior centers and volunteer programs, is one way to combat subjective feelings of isolation. Home and community-based services are designed to connect people to communities. From nutrition services, to transportation, to caregiver support programs, community-based services enable older adults to maintain and strengthen their ties to family and friends and the community. AgeSmart along with other Area Agencies on Aging in the state will continue to focus on promoting the aging network as part of the social isolation awareness campaign.

During the COVID-19 pandemic, AgeSmart's network of providers modified the service model to continue to provide vital services to vulnerable older adults. Special initiatives to address social isolation also pivoted to adapt to the new environment created by the pandemic.

1. Telephone Reassurance

AgeSmart has expanded its telephone reassurance program to all seven counties during the pandemic. Since 2020, AgeSmart's network of providers has made 42,966 well-being check calls to over 3,000 older adults. Nearly 1,000 homebound older adults with limited social contact and support are currently receiving weekly reassurance calls as of April 2023. AgeSmart will continue to provide telephone reassurance to at-risk older adults, particularly those who are living alone, low-income, or living in rural areas.

2. Memory Café

Memory Café is a social gathering for individuals living with dementia, or another form of cognitive impairment, and their caregivers. It provides a safe and supportive environment where caregivers and their loved ones can socialize and enjoy activities together in a café-like setting to reduce feelings associated with stigma and isolation. During the pandemic, Memory Café was modified to be delivered virtually and it continues to connect the caregivers on the Zoom platform.

3. Senior Skip Day

AgeSmart and Greenville University developed Senior Skip Day to raise awareness of Social Isolation and its impact on the health and wellbeing of older adults. The goal is to celebrate and connect across generations to help alleviate loneliness and

social isolation. Students are paired with seniors to visit, help with tasks and to assist at the local senior center. A “How-to” implementation guide has been developed for other area agencies on aging, schools, and universities to use.

During the pandemic, Senior Skip Day pivoted to a pen pal project. Freshman students are paired with older adults, and they correspond through an act of letter writing. As demonstrated in many other intergenerational pen pal programs across the country, it creates a positive impact on older adults’ health and well-being reducing feelings of isolation and giving them a sense of purpose. AgeSmart will continue to collaborate with Greenville University and explore opportunities to expand the intergenerational programming in the PSA 8.

4. Promoting Social Connectedness through BRIC (Building Resilient Inclusive Community) Program

AgeSmart is taking part in the BRIC Initiative, which aims to address the issue of social isolation among older adults who have been affected by COVID-19. By participating in this program, AgeSmart is working to create new opportunities for connection and support that can help to mitigate the negative effects of social isolation on this vulnerable population. The BRIC program, which is funded through the National Association of Chronic Disease Directors is being led by Healthier Together. It prioritizes older adults living in high burden communities and aims to improve safe access to physical activity, promoting healthy eating through improved nutrition security, and reducing isolation and loneliness. AgeSmart along with local aging service providers are serving as key players as the coalition develops strategies to promote social connectedness in the communities.

AgeSmart will continue to work with the Department on Aging and the colleagues from the Area Agencies on Aging in Illinois to create a statewide impact to reduce social isolation. Public education materials designed to help raise awareness of this national issue have been disseminated throughout the network. The statewide brochure includes a checklist to self-measure the risk of isolation as well as resources to help older adults stay connected. To gauge the effectiveness of its interventions and measure the level of loneliness experienced by older adults, AgeSmart will continue to use the UCLA Loneliness Scale Survey as a pre- and post-survey. This approach enables AgeSmart to track changes in loneliness levels and better understand the impact of its programs on the individuals it serves.

Local Initiative

AgeSmart uses survey data and evaluations of the current service system to determine service priorities and develop local initiatives. To address the unmet needs identified in the needs assessment, AgeSmart will implement the following initiatives.

1. Consumer-Directed Chore Service Pilot

AgeSmart is looking to build on the consumer-directed Respite service model by exploring opportunities to provide flexible, in-home chore assistance that enables consumers to hire their own helpers at a reasonable cost. As part of a pilot program, AgeSmart will allocate limited financial resources to provide this service to older adults who are not eligible for the Community Care Program but cannot afford private pay homemaker services. The focus will be on individuals with the greatest social and economic need, with the goal of providing them with the support they need to maintain their independence and quality of life.

2. Reliable and Affordable Handyman through Collaboration with Local Community Partners

With the support from ARPA funding, AgeSmart has launched a pilot program that combines in-home tech support with handyman assistance. This program offers solutions for light housekeeping and handyman needs, as well as support for smart devices and tablets. Service activities include setup and training on usage, limited troubleshooting, and assistance with small household tasks.

Tech support and chore duties will be carried out by volunteers and a community outreach coordinator, who will work together to provide comprehensive support to older adults in the community.

The overarching goal of this pilot program is to enable older adults in the community to age in place and maintain their independence for as long as possible. This will be achieved through the provision of in-home assistance with light household tasks, as well as support for the use of technology.

FY24 Service Priorities

Changes in the service delivery of the III-E Grandparents Raising Grandchildren Program

In FY23, due to a loss of the provider, Grandparents Raising Grandchildren program underwent a transition to AgeSmart's direct service. This change will continue into FY24.

The loss of a provider left a gap in the service delivery system, which needed to be filled as soon as possible. Despite our attempt to locate alternative providers, none were available. AgeSmart's direct service has the capacity to fill this gap and continue to provide support to grandparents who are raising their grandchildren.

AgeSmart's direct service is a cost-effective solution for providing support to grandparents who are raising their grandchildren. AgeSmart will continue to provide Gap Filling service to meet the needs of this population.

The updated service priorities for FY24 are outlined below. Should the amount of federal or state funding decrease, AgeSmart will revise the service priorities based on the needs of a service developing plan that would cause the least harm to consumers.

SERVICE DEFINITION	PROJECTED PERSONS SERVED IN FY24	PROJECTED UNITS OF SERVICE IN FY24
Title III-B Access Services		
Assisted Transportation	450	5,800
<i>(Provided by multiple grantees in portions of Clinton, Madison and St. Clair counties)</i> Providing transportation and an escort to older persons who have difficulty using regular transportation. Assisted Transportation is "door-to-door", and the escort will often wait with the older person at the doctor's office or other destination.		
Information & Assistance (I & A)	35,000	40,000
<i>(Provided by AgeSmart and multiple grantees throughout PSA 8)</i> Providing current information on opportunities and services available within their communities; links the individuals to the opportunities and services that are available; and, to the maximum extent practical, ensures that the individuals receive the services needed by establishing adequate follow-up procedures.		
Options Counseling	450	650
<i>(Provided by multiple grantees throughout PSA 8)</i> Providing a person-centered, interactive, decision-support process whereby individuals receive assistance in their deliberations to make informed long-term support choices in the context of their own preferences, strengths, and values.		
Transportation	700	25,000
<i>(Provided by multiple grantees throughout PSA 8)</i> Transporting older persons to and from community facilities and resources for the purpose of acquiring and		

SERVICE DEFINITION	PROJECTED PERSONS SERVED IN FY24	PROJECTED UNITS OF SERVICE IN FY24
receiving services, participating in activities and attending events in order to reduce isolation and promote successful independent living.		
Title III-B In-Home Services		
Residential Repair & Renovation	300	300
<i>(Provided by one grantee throughout the service area)</i> Assisting older persons with physical or cognitive problems to maintain or adapt their homes to meet their needs.		
Title III-B Community Services		
Counseling	300	400
<i>(Provided by one grantee throughout PSA 8)</i> Counseling to help older adults cope with personal problems and develop capacities for more adequate social and personal adjustments.		
Legal Assistance	500	5,000
<i>(Provided by one grantee throughout PSA 8)</i> Services include arranging for and providing assistance in resolving civil legal matters and the protection of legal rights, including legal advice, research and education concerning legal rights and representation by an attorney at law, a trained paralegal professional (supervised by an attorney), and/or a law student (supervised by an attorney) for an older person.		
Title III-C1 Community Services		
Nutrition Services: Congregate Meals	3,000	75,000
<i>(Provided by multiple grantees throughout PSA 8)</i> Providing nutritious meals in a congregate setting.		
Title III-C2 In-Home Services		
Nutrition Services: Home Delivered Meals	5,000	700,000
<i>(Provided by multiple grantees throughout PSA 8)</i> Providing nutritious meals delivered to older persons who are homebound because of illness or disability.		
Title III-D Community Services		
Disease Prevention & Health Promotion Program	80	300
<i>(Provided by one grantee throughout PSA 8)</i> Providing evidence-based wellness programs to promote better health among older persons.		
Title III-E Access Assistance Services		
Case Management for Grandparents Raising Grandchildren	50	120

<i>(Provided by one grantee throughout PSA 8)</i>		
A service that assists Grandparents Raising Grandchildren in obtaining access to the services and resources available within their communities. To the maximum extent practical, it ensures that the individuals receive the services needed by establishing adequate follow-up procedures.		
Information & Assistance for Caregivers	3,000	3,750
<i>(Provided by AgeSmart and one grantee throughout the service area)</i>		
A service for caregivers that provides current information on opportunities and services available within their communities; links the individuals to the opportunities and services available. The term “family caregiver” means an adult family member, or another individual, who is an informal provider of in-home and community care to an older individual with Alzheimer’s disease or a related disorder with neurological and organic brain dysfunction.		
Title III-E Information Services		
Public Education	1,000	40
<i>(Provided by AgeSmart throughout PSA 8)</i>		
Information service that is directed to large audiences of current and potential caregivers.		
Title III-E Counseling		
Counseling	200	700
<i>(Provided by two grantees for Bond, Madison, and St. Clair Counties)</i>		
In-home personal counseling service for caregivers.		
Title III-E Respite Services		
Respite	150	19,000
<i>(Provided by AgeSmart throughout PSA 8)</i>		
Providing temporary, substitute support to allow Family Caregivers a brief period for rest or to attend to other needs.		
Title III-E Supplemental Services		
Gap Filling for Caregivers	2	2
<i>(Provided by one grantee throughout PSA 8)</i>		
A supplemental service for caregivers that provides financial assistance on a case-by-case basis.		
Gap Filling for Grandparents Raising Grandchildren	30	35
<i>(Provided by one grantee throughout PSA 8)</i>		
A supplemental service for Grandparents Raising Grandchildren that provides financial assistance on a case-by-case basis.		
Legal Assistance for Caregivers	70	350
<i>(Provided by one grantee throughout PSA 8)</i>		
Services include arranging for and providing assistance in resolving civil legal matters and the protection of legal rights, including legal advice, research and education concerning legal rights and representation by an attorney at law, a trained paralegal professional (supervised by an attorney) and/or a law student (supervised by an attorney)		

for caregivers of older persons.		
Legal Assistance for Grandparents Raising Grandchildren	10	300
<i>(Provided by one grantee throughout PSA 8)</i> Services include arranging for and providing assistance in resolving civil legal matters and the protection of legal rights, including legal advice, research and education concerning legal rights and representation by an attorney at law, a trained paralegal professional (supervised by an attorney) and/or a law student (supervised by an attorney) for grandparents raising grandchildren.		
Title III-B/VII Ombudsman		
Long Term Care Ombudsman		
<i>(Provided by one grantee throughout PSA 8)</i> Advocating for residents of long-term care facilities, developing rapport with residents and providing advocacy, support and education about their rights.		
Title VII Elder Rights		
Adult Protective Services		
<i>(Provided by one grantee throughout PSA 8)</i> A service that responds to reports of abuse, neglect, and financial exploitation of older adults aged 60+ and adults with disabilities aged 18-59 providing investigation, intervention and follow-up services to victims.		

FY2024 Alzheimer's & Social Isolation Initiatives

Title III-B In-Home Services		
Telephone Reassurance	2,500	15,000
<i>(Provided by multiple grantees throughout PSA 8)</i> Weekly telephone calls to individuals to provide psychological reassurance and reduce isolation.		
Title III-E Services		
Memory Cafes	50	50
<i>(Provided by one grantee for Madison County)</i> A social gathering for people living with dementia and their family caregivers providing safe and supportive environment to socialize.		
Savvy Caregiver / Powerful Tools for Caregivers	48	288
<i>(Provided by two grantees for Madison and Monroe Counties)</i> The Savvy Caregiver Program is designed to train family and professional caregivers in the basic knowledge, skills, and attitudes needed to handle the challenges of caring for a family member with dementia and to be an effective caregiver.		

Stress Busting	35	315
<i>(Provided by multiple grantees for Madison and St. Clair Counties)</i> The Stress-Busting Program provides caregivers information about stress (particularly stress associated with caregiving), how to deal with stress through relaxation and problem solving, and how to care for themselves while caring for a loved one with dementia.		

Other Services

Senior Medicare Patrol

Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. The Illinois SMP program is administered through AgeOptions in Suburban Cook County and AgeSmart participates in this statewide initiative serving as the SMP Coordinator for the Southern Illinois counties.

Senior Health Assistance Program

Senior Health Assistance Program (SHAP) offers seniors information and free help filling out applications for programs.

Senior Health Insurance Program (SHIP)

SHIP is a free health insurance counseling service for Medicare beneficiaries, their families, and caregivers. Consumers are provided information, assistance and resources about applying for and maintaining their Medicare coverage.

Senior Farmer's Market Nutrition Program

The Senior Farmers' Market Nutrition Program provides low-income seniors with vouchers that can be exchanged for eligible foods at farmers' markets and roadside stands. AgeSmart distributes the vouchers to eligible seniors who self-report their income.

NCOA Benefit Enrollment Center (BEC)

Benefit Enrollment Centers (BEC) are a national network that help low-income individuals with Medicare enroll in food assistance, energy assistance, healthcare benefits and more.

Adult Protective Services

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are older, frail, vulnerable and cannot help themselves, some depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or “trusted others.” The **Adult Protective Services**, under authority of the Illinois Adult Protective Services Act, responds to reports of alleged abuse, neglect, or financial exploitation of persons 60 years of age and older, and of persons aged 18-59 with disabilities living in the community. It is designed to build upon the existing legal, medical, and social service systems in place, and ensures the system is more responsive to the needs of abuse victims.

Types of Abuse

- Physical Abuse – inflicting physical pain or injury on a senior, e.g. slapping, bruising, or restraining by physical or chemical means.
- Sexual Abuse – non-consensual sexual contact of any kind.
- Neglect – the failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- Exploitation – the illegal taking, misuse, or concealment of funds, property, or assets of a senior for someone else’s benefit.
- Emotional Abuse – inflicting mental pain, anguish, or distress on an elder person through verbal or nonverbal acts, e.g. humiliating, intimidating, or threatening.
- Abandonment – desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- Self-neglect – characterized as the failure of a person to perform essential, self-care tasks and that such failure threatens his/her own health or safety.

AgeSmart serves as the Regional Administrative Agency for the Illinois Adult Protective Services as designated by IDOA, and in turn, grants funds to a local agency to ensure direct client services are provided. Every month, approximately 80 abuse and neglect cases are reported to Adult Protective Services in PSA 8.

To Report Abuse

Call the Southwestern Illinois Visiting Nurse Association: **1-800-642-5429** or the 24-hour

Elder Abuse Hotline: 1-866-800-1409, 1-888-206-1327 (TTY). Any person can voluntarily report. By law, anyone making an Adult Protective Services report in good faith has civil and criminal immunity from liability and professional disciplinary action.

All reports are kept confidential and anonymous reports are accepted.

Administration

Administrative Activities

The OAA restricts AgeSmart administrative cost to 10% of the Title III funding. AgeSmart's proposed administrative expenses and activities for FY24 are as follows.

Budget: \$360,000

Activities include but are not limited to:

- Implement Area Plan assurances
- Implement Area Plan Statewide and Local Initiatives
- Procure Federal and State funds
- Develop and implement RFP process to award grants for the Title III services
- Maintain SmartSimple Grants Management System and provide trainings for grantees
- Maintain AgingIS NAPIS databases and provide technical assistance to grantees
- Monitor grantees in program and fiscal performance including on-site reviews
- Provide technical assistance and training for grantees
- Comply with IDOA requests and requirements
- Complete annual Agency Financial Audit
- Write and disseminate an annual report
- Follow Civil Rights regulations and monitor grantees' adherence
- Provide Board Management training for the Board of Directors
- Provide Service Procurement training for the Advisory Council
- Provide administrative support for the Board of Directors and Advisory Council
- Maintain AgeSmart's website (www.AgeSmart.org) to provide the public with 24/7 access to comprehensive aging resources
- Administer and coordinate Senior Farmers Market Nutrition Program

Administratively Related Activities

In addition to the 10% administrative cost, AgeSmart retains part of III-B supportive service funds for the Administratively Related Direct Services, which are Advocacy, Coordination, and Program Development. AgeSmart's proposed administrative related expenses and activities for FY24 are as follows.

Advocacy

AgeSmart educates public officials and the community on aging issues and assists them in addressing the needs of the aging population. We also monitor proposed legislation and policies at the federal, state, and local levels.

Budget: \$97,500

Activities include but are not limited to:

- Coordinate advocacy campaigns to promote policies and services for older Illinoisans
- Participate in delivering policy and budget priorities to state legislators
- Participate in the National Association of Area Agencies on Aging's Policy Briefing and Capitol Hill Day; provide AAA board, Advisory Council, service providers, and the general public with advocacy alerts facilitating grassroots participation on issues of importance to seniors and persons with disabilities
- Provide legislators with information regarding constituencies including but not limited to demographics, service trends, number of consumers served to address the area's needs
- Visit legislators (2 senators, 2 congressional representatives, 9 state senators, and 7 state representatives) and stay in constant contact regarding important issues regarding beneficiaries (locally and in Springfield)
- Seek contact with 7 county boards, over 50 mayors and village presidents, 133 township and precinct supervisors
- Advisory Council hosts monthly meetings throughout the Aging Network to address advocacy issues
- Serve as a catalyst for local community elected officials who are interested in programs for their 60+ citizens and meet with them individually on multiple occasions
- Encourage the media to highlight issues pertaining to older adults and their caregivers

Coordination

AgeSmart coordinates efforts with a variety of local organizations in the PSA to develop a comprehensive and coordinated system of community-based services for older adults.

Budget: \$54,000

Activities include but are not limited to:

- Coordinate efforts throughout AgeSmart's PSA for the Senior Health Assistance Program (SHAP) / Senior Health Insurance Program (SHIP) / MIPAA (Medicare Improvements for Patients and Providers Act) / Aging and Disability Resource Center (ADRC) / Options Counseling
- Attend numerous health and senior fairs throughout the PSA
- Participate in quarterly meetings with the CCU and CCP providers

- Serve as a catalyst for local community elected officials who are interested in programs for their 60+ citizens by meeting with them individually on multiple occasions
- Serve as Senior Medicare Fraud Patrol Volunteer Coordinator
- Work with local Lions Clubs to offer eye screenings
- Serve on the following state and local committees:
 - Illinois Alliance of Information & Referral Systems (AIRS)
 - Illinois Nutrition Advisory Council
 - Illinois Coalition of Mental Health and Aging
 - Illinois State 211 Board
 - Southern Illinois Human Service Transportation Planning Committee (Region 9 & 11)
 - United Way of Greater St. Louis 211 Advisory Committee
 - Southwestern Illinois Pioneer Coalition Leadership
 - Aging and Disabilities Resource Center Leadership Team
 - Belleville Chamber of Commerce Community Services Committee
 - Belleville Chamber of Commerce Healthcare Committee
 - St. Clair County Emergency Preparedness
 - St. Clair County Healthcare Commission
 - Southwestern Illinois College Human Services Department Advisory Council
 - O'Fallon Chamber of Commerce Healthcare and Wellness Committee
 - Older Adults Health Council
 - Madison County Mental Health Alliance
 - Madison County TRIAD
 - Southern Madison County Community Collaborative
 - St. Clair County Elder Justice Council
 - St. Clair County Suicide Prevention Alliance
 - Reveille Veterans Services Network
 - Clinton, Marion & Washington Counties Collaborative (CMWCC)
 - Community Engagement Network
 - St. Clair County Council of Partners
 - Tri-county Financial Fraud Coalition
 - Make Health Happen-Greater East St. Louis
 - St. Clair County Violence/Safety Committee
 - St. Louis Elder Financial Protection Multi-Disciplinary Team
 - Healthier Together St. Clair County
 - Illinois Caregiver Coalition

Program Development

Responding to unique local needs, AgeSmart develops new programs and services that promote health and independence of older adults. Through the process of assessing community needs and analysis of the existing service system, we identify the need and develop a pilot or expand existing programs to fill the gap.

Budget: \$97,500

Activities include but are not limited to:

- Encourage innovation through pilot programs and prototypes
- Provide grantees with training opportunities to assist in developing innovative solutions
- Develop and implement new programs
- Follow Request for Proposal procedures to procure service providers
- Utilize the Advisory Council throughout the granting process
- Participate as members on the following IDOA Councils: Nutrition, Elder Abuse, Caregiver, and Long-Term Care Ombudsman
- One staff member is certified in Federal Grants Management by Management Concepts, Inc.
- Train grantees in program, fiscal, and NAPIS reporting
- Attend Adult Protective Services and Ombudsman related trainings
- Maintain Illinois Food Service Sanitation Manager Certified staff member
- One staff member is trained as a Master Trainer for A Matter of Balance Program

Services Directly Provided by AgeSmart

AgeSmart proposes to continue to provide III-B/E Information & Assistance, III-B Options Counseling, III-E Public Education, and Respite and requests Direct Service Waivers in order to directly provide these services in FY24.

III-B/III-E Information and Assistance

AgeSmart provides area-wide Information & Assistance (I&A) and Options Counseling as a single point of entry serving older adults, their caregivers and people with disabilities in the seven-county region.

Synopsis of Activities

- Provide individuals with current information on opportunities and services available
- Assess problems and capacities of older adults and caregivers
- Establish adequate follow-up procedures based on the older individual's or caregiver's needs
- Maintain a resource database for PSA 8
- Provide AgingIS technical assistance to grantees
- Utilizing warm transfer feature to connect callers to grantees and Aging Network services
- Maintain Certified Information & Referral Specialists for Aging (CIRS-A)
- Maintain AgeSmart website (www.AgeSmart.org) to provide consumers with 24/7 access to aging resources
- Provide education programs to the public
- Caregiver Specialists to assist consumers with T Care Assessments and Care plans

Justification

AgeSmart funds eight local service providers to deliver I&A in their communities. Additionally, AgeSmart itself serves as a single point of entry responding to service requests from the entire planning and service area and beyond. The Elder Care Locator managed by the National Association of Area Agencies on Aging directs callers to their local Area Agencies for I&A. This single point of entry is necessary for older adults and caregivers not to be overwhelmed by multiple agencies and numerous phone numbers. At the same time, it is imperative that consumers find “no wrong door” when seeking information. AgeSmart's I&A service complements the area I&A efforts throughout the Aging Network with both grantees and other providers.

AgeSmart was able to utilize funding from the American Rescue Plan Act (ARPA) to pilot a caregiver specialist program. The program has been successful and has been added to our regular programming. Caregiver Specialists can be incredibly valuable for both caregivers and the older adults they care for. These Specialists provide a range of

services and support, such as education and training, counseling and emotional support, and assistance with navigating the aging network. By making the caregiver specialist program a permanent part of programming, AgeSmart is demonstrating a commitment to supporting caregivers in the community over the long-term. This is especially important given the growing number of older adults in our society and the increasing demands on family caregivers.

Expansion of Direct Service in St. Clair County.

In FY21 AgeSmart planned to pilot an expansion of I&A in St. Clair County, however this was put on hold due to the COVID-19 pandemic. The expansion would include the communities of Dupo and Cahokia incorporating the service delivery model AgeSmart has been using with the NCOA Benefits Enrollment Center grant. This service delivery is based on meeting consumers where they are and following up with consumers who inquire about one benefit, but may be eligible for other services and benefits. Dupo and Cahokia have not had adequate I&A/OC services due to funding and staffing. AgeSmart is now positioned to provide these services to people in their own community.

AgeSmart's location in St. Clair County, which has nearly 40% of the region's aged 60+ and 70% of the minority population, allows AgeSmart to directly reach those with the greatest need and to serve as the information hub, providing training and technical assistance to local I&A providers. There is no other local agency for providing I&A at this capacity.

III-B Options Counseling

AgeSmart provides Options Counseling services throughout the entire PSA to all persons with disabilities aged 18+ and older adults who request current long-term support services and/or persons of any age who are planning for the future regarding long term support services without regard to income or assets.

Synopsis of activities:

- Outreach to all communities on the service and its value in planning
- Personal interview
- Exploration of resources
- Decision support
- Goal setting
- Links to available services
- Follow up with consumers

Justification

AgeSmart is the focal point in the seven-county region for Information and Assistance services for coordination of services and training. Options Counseling forces a paradigm shift from an older medical model approach in Information and Assistance services to a person-centered model. AgeSmart is already in the position to coordinate, train, and update the existing network in this more extensive manner of delivering Information and

Assistance services. As with Information and Assistance, AgeSmart's Options Counseling complements the PSA efforts in providing consumers with the best, most up-to-date information and resources.

Expansion of Direct Service in St. Clair County.

In FY22 AgeSmart expanded I&A in St. Clair County. The expansion will also include the communities of Dupo and Cahokia Heights, incorporating the service delivery model AgeSmart has been using with the NCOA Benefits Enrollment Center Grant. This service delivery is based on meeting consumers where they are and following up with consumers who inquire about one benefit but may be eligible for other services and benefits. Dupo and Cahokia Heights have not had adequate I&A/OC services due to funding and staffing. AgeSmart is now positioned to provide these services to people in their own community.

Program	Budget	Projected Persons	Projected Units
Title III-B Information & Assistance	\$81,000	8,500	12,000
Title III-E Information & Assistance for Caregivers	\$60,000	3,000	3,750
Title III-B Options Counseling	\$15,000	100	150

III-E Public Education

AgeSmart provides Public Education for family caregivers of older adults in the seven-county region. Through educational events, community presentations, and media campaigns, the program provides valuable information, resources, and support for family caregivers and encourages them to utilize available programs and services.

Synopsis of Activities

- Attend local Health and Information Fairs in the communities reaching out to caregivers
- Conduct community presentations which provide information and resources as well as link caregivers to needed services and benefits
- Provide caregivers with on-the-spot access to information through the resource database and website
- Co-host the annual Surviving Caregiver Conference that is designed to educate and support caregivers
- Host the annual Aging Expo
- Use online newsletter and social media to engage public and promote Home and Community-Based Services

Justification

The area has many Health & Informational Fairs that AgeSmart spends considerable staff time attending. Due to limited time and the high cost of space rental, most Grantees are not able to attend these events. AgeSmart also has the capability to have the Resource Database at the events using mobile devices. This allows us to provide on-the-spot individual assistance to caregivers. No other agency exists to fill this gap.

Program	Budget	Projected Persons	Projected Units
Title III-E Public Education	\$30,000	1,000	40

III-E Respite

AgeSmart administers a Respite Care Program for primary caregivers of persons aged 60 and older throughout the seven-county region. Respite Care is a short-term relief designed to provide a break from the physical and emotional stress of caregiving. The service offers caregivers the flexibility and freedom in choosing their Respite Care providers.

Synopsis of Activities

- Assessments
- Verify monthly Respite Service Forms, assist in completing the form and make follow-up phone calls, if needed
- Maintain the Respite client database, tracking service utilization
- Reimburse caregivers up to \$100 per month for Respite care
- Provide caregivers with information on educational opportunities and resources to help with their caregiving

Justification

In 2002, AgeSmart funded a Respite Service Program using a community agency to provide services. This service was severely underutilized for several reasons: caregivers did not want strangers in their homes, cost did not allow for enough hours of service, service hours were not available when caregivers needed them. Efforts were made to find other agencies with the flexibility needed by caregivers, but none were found.

AgeSmart implemented a consumer-directed Respite Program Model in 2003 in response to underutilization of the service using a community agency. The consumer-directed model empowers caregivers to select the Respite Care Provider best suited to their needs and negotiate the payment amount. AgeSmart, serving as the Administrator of the program, reimburses eligible caregivers up to \$200 per month. Since implementation, the number of caregivers using Respite has significantly increased and the average cost per hour has decreased.

In FY21, 174 caregivers were provided with 17,873 hours of Respite. The number of participants remained the same as compared to FY20 and the average cost per hour was \$10.67, which is an increase of \$1.43 from FY20. In comparison, if the Community Agency Service Model had been used, the number of funded hours available would have been 3,946, which is less than 25% of actual provided hours. Cutting these costs increases the funds available to caregivers and AgeSmart is the most logical entity to provide the service directly to keep costs down. Over 90% of the budget goes directly to the program and AgeSmart retains **\$12,000** for administrative costs.

AgeSmart has expanded the use of Tailored Care (T Care), an evidence-based caregiver assessment and care plan program. T Care allows AgeSmart staff and caregivers to assess the current caregiving situation and plan for future needs which helps avoid hospitalizations and skilled care placement. Since AgeSmart began funding Respite, the local Case Coordination Unit has completed all initial and annual assessments of caregivers for the program. Beginning in FY22, AgeSmart incorporated T Care into the Respite assessment. It has allowed AgeSmart to perform a holistic assessment of caregivers and assist in the development of care plans. This modification has enhanced the care management for Respite clients and strengthened the communication between AgeSmart and the participants.

Program	Budget	Projected Persons	Projected Units
Title III-E Respite	\$150,000	150	19,000

III-E Grandparents Raising Grandchildren Gap Filling

AgeSmart administers Gap Filling program to assist grandparents or other relatives who are raising their grandchildren. Gap Filling provides necessary services or supplies that are essential for the caregiving responsibilities of these individuals throughout the seven-county region.

Synopsis of Activities

- Conduct a comprehensive intake to assess the needs of consumers
- Determine and approve the necessary resources to meet the needs of consumers
- Make purchases of essential goods or payments to required services on behalf of the consumers
- Provide follow-up support to ensure consumer satisfaction

Justification

In FY23, due to a loss of the provider, the Grandparents Raising Grandchildren program underwent a transition to AgeSmart's direct service. The loss of a provider left a gap in the service delivery system, which needed to be filled as soon as possible. Despite our

attempt to locate alternative providers, none were available. AgeSmart had no other option but to quickly transition to direct service.

AgeSmart has been providing services to seniors for nearly 50 years and has a proven track record of success in meeting the needs of seniors in the communities. AgeSmart has the capacity to fill this gap and continue to provide support to grandparents who are raising their grandchildren. AgeSmart will continue to provide Gap Filling service to meet the needs of this population.

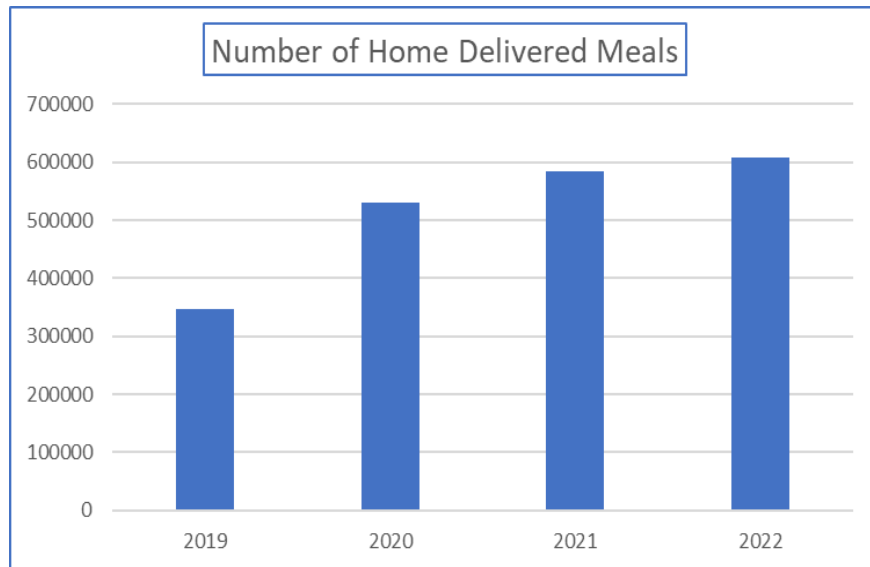
Program	Budget	Projected Persons	Projected Units
Title III-E Gap (Other Relatives)	\$30,000	40	45

Home Delivered Meals

The home-delivered meals program at AgeSmart has been significantly impacted by the COVID-19 pandemic. There has been a substantial increase in demand for home-delivered meals, and this trend has continued over time. As a result, AgeSmart has had to adapt its operations to ensure that it can continue to meet the needs of older adults who rely on this vital service to maintain their health and well-being.

The ARP funds have allowed AgeSmart to expand the program through weekend meals, which serve as additional nutritional resources for seniors at risk. AgeSmart also offers special diet options through Mom's Meals. Older adults with special dietary needs, such as those requiring renal-friendly, pureed, gluten-free, and diabetes-friendly meals, are provided with nutritionally tailored menus. For older adults living in remote rural areas where home-delivered meal service is not currently available, Mom's Meals are offered as an alternative. AgeSmart plans to continue to offer these additional meal options as long as the funds remain available.

In FY22, AgeSmart provided 607,711 home delivered meals to 5,091 older adults. This is the highest number of home-delivered meals ever provided by AgeSmart. Each home delivered meal consumer received at least 10 shelf-stable meals. Shelf-stable meals serve as emergency meals when normal meal delivery is not feasible due to inclement weather or other emergency situations. During the pandemic, shelf-stable meals became increasingly important as a convenient, nutritious, and safe option for older adults to maintain a healthy diet during the crisis. AgeSmart provided a total of 20,740 shelf-stable meals in FY22 and will continue to ensure homebound older adults will have access to adequate nutrition during emergencies.

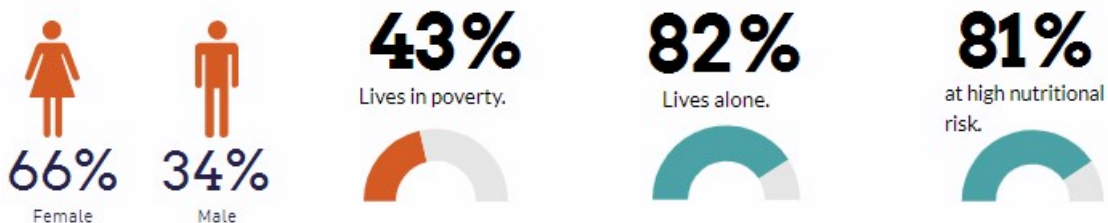


The nutrition providers in the region are experiencing challenges, including a shortage of staff and loss of volunteers. The cost of providing home-delivered meals has also increased. The cost of food, packaging, and delivery has risen, and many programs have had to make changes to their delivery methods to ensure the safety of both their staff and the seniors they serve.

Some providers must resort to frozen meals due to costs and a shortage of volunteers. Currently, over 60% of AgeSmart’s home delivered meals are frozen meals. To help reduce the feelings of isolation and loneliness among home-delivered meal participants, AgeSmart’s nutrition providers conduct regular well-being check-ins over the phone. AgeSmart is closely monitoring the status of the region’s home-delivered meal programs and will continue to ensure that it meets the nutritional needs of older adults and contributes to their overall health and wellbeing.

As of April 2023, there is no waitlist in PSA 8.

AgeSmart
Home Delivered Meals
 Clients Characteristics



Other Funding Possibilities

While AgeSmart's main sources of funding are the Federal Older Americans Act and Illinois General Revenue Funds, AgeSmart has made progress in securing grant funds from sources other than the Older Americans Act to enhance current programs and develop new programs. The Advisory Council has an active Outreach & Development Committee to assist in accessing additional funds. Possible funding sources for AgeSmart include the following.

The Development Association for the Aging

The Development Association for the Aging (DAA) was created as a response to dwindling State and Federal Funds. The DAA is organized exclusively for charitable, educational, religious, or scientific purposes as a nonprofit organization to support the efforts of AgeSmart. The primary purpose of the DAA is to offer and provide support to older persons and the families of older persons, as well as to agencies serving these populations. The region will see services for older adults increase and programs to be enhanced as the DAA grows and develops. The DAA is managed by a volunteer board of directors and currently employs no staff. Since FY11, DAA has provided nearly 1,300 home delivered meals to older adults who would otherwise have been denied the service due to lack of funding. DAA also provided over \$5,000 of emergency funds for older adults in need.

Changes in Funding

For the purpose of this document, the FY24 Governor's proposed budget is used to estimate the funding level. When the actual funding allocation is received, AgeSmart will adjust in a way that causes the least disruption to services.

Funding Increase

Should the amount of Federal or State funding increase during the FY24 funding cycle:

- AgeSmart's Board of Directors will determine the services and funding level based on the needs of the communities.
- Considering greatest needs, any increases in funding by a specific title may be used to expand/enhance existing services, to fund new pilot programs, and/or to offer innovative grants.

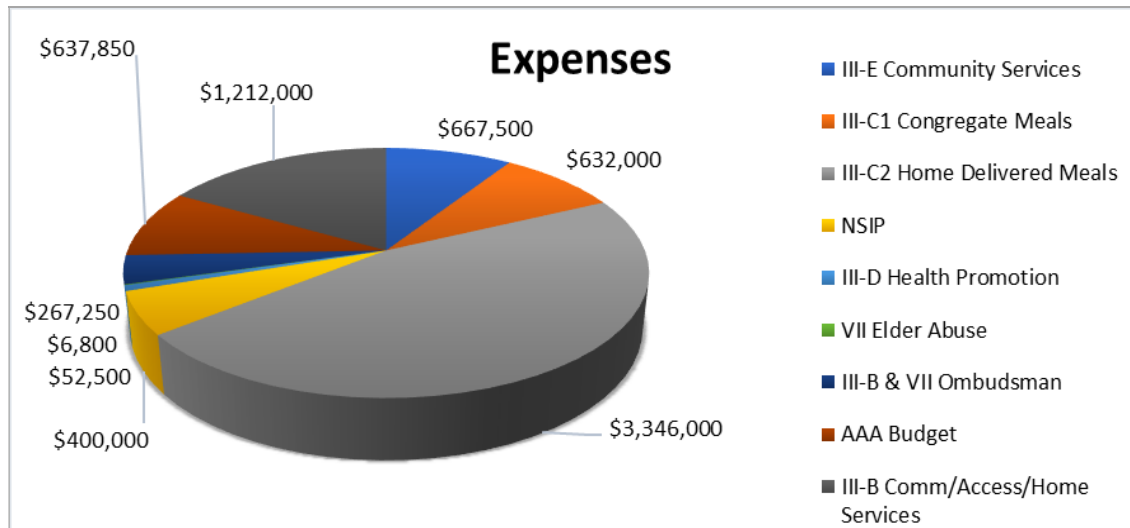
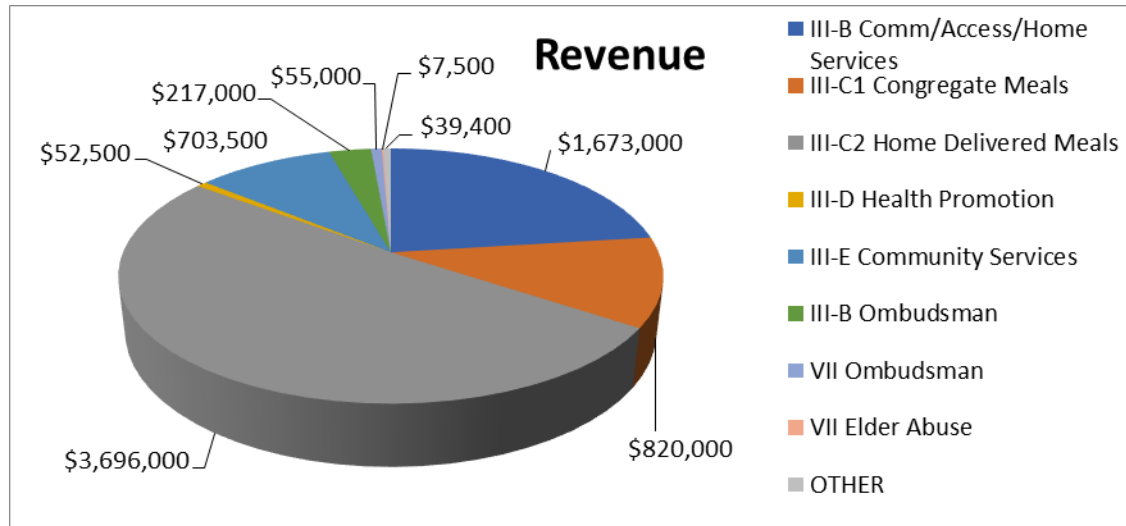
Funding Decrease

Should the amount of Federal or State funding decrease during the FY24 funding cycle:

- Decreases will come from the effected title.
- AgeSmart will revise the service priorities and appropriately adjust the funding to the services so that reduction of the funding will cause the least amount of harm to the consumers.

The following pages demonstrate estimated revenues and expenses for FY24. This projection is subject to change based on changes to funding levels if there is a sequestration or other budgetary impact from the Federal or State government.

FY24 Projected Revenues and Expenses



Revenues and Expenses Projected for FY24

Revenues Projected for FY24

SOURCE	IIIB	IIIC-1	IIIC-2	IIID	IIIE	III OMB	VII OMB	VII ELD	OTHER	TOTAL
ALLOCATIONS	718,000	845,000	660,000	48,000	352,000	44,000	50,000	7,000	0	2,724,000
TRANSFERS	100,000	100,000	0			0				0
STATE FUNDS	845,000		2,646,000		344,000	169,000			39,400	4,043,400
NSIP		50,000	350,000							400,000
CARRYOVER	10,000	25,000	40,000	4,500	7,500	4,000	5,000	500		96,500
TOTAL AVAILABLE	1,673,000	820,000	3,696,000	52,500	703,500	217,000	55,000	7,500	39,400	7,263,900

Title	Older Americans Act Programs
III B	Transportation, Assisted Transportation, Information & Assistance, Options Counseling, Legal, and Residential Repair & Renovation, Health Screening, Counseling
III C-1	Congregate Meals
III C-2	Home Delivered Meals
III D	Health Promotion Programs
III E	Caregivers & Grandparents Raising Grandchildren Services – Information & Assistance, Public Education, Legal, Counseling, Respite and Gap Filling
III OMB	Ombudsman
VII OMB	Ombudsman
VIII ELD	Adult Protective Services

Revenues and Expenses Projected for FY24 (continued)

Expenses Projected for FY24

APPLICATIONS	IIIB	IIIC-1	IIIC-2	IIID	IIIE	III OMB	VII OMB	VII ELD	OTHER	TOTAL
Assisted Transportation	100,000									100,000
Transportation	189,500									189,500
Information & Assistance	400,000				227,000					627,000
Options Counseling	58,000									58,000
Case Advocacy/Management										0
Legal Services	210,000				40,000					250,000
Residential Repair & Renovation	70,000									70,000
Telephone Reassurance	112,500									112,500
Chore/Housekeeping	42,000									42,000
Congregate Meals		632,000								632,000
Home Delivered Meals			3,346,000							3,346,000
NSIP		50,000	350,000							400,000
Health Programs	0			52,500						52,500
Public Education					30,000					30,000
Counseling	72,000				90,000					162,000
Support Groups					42,000					42,000
ARD Education					39,000					39,000
Respite					159,500					159,500
Gap Filling					40,000					40,000
Ombudsman						217,000	50,250			267,250
Elder Abuse								6,800		6,800
AAA Budget	419,000	138,000	0		36,000		4,750	700	39,400	637,850
TOTAL EXPENSES	1,673,000	820,000	3,696,000	52,500	703,500	217,000	55,000	7,500	39,400	7,263,900

