

# Spectrum Generations 2017-2020

AREA PLAN OBJECTIVES





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:** Increase collaboration with health care providers.
  - ▶ Collaborate with health care entities around evidence-based health and wellness programs
  - ▶ Improve relationships with health systems
  - ▶ Participate and be actively involved in advisory and geriatric steering committees



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 2:** Provide navigation and counseling services.
  - ▶ Increase nutrition counseling opportunities for those who score high on Nutritional Risk assessments
  - ▶ Provide nutritional education through classes, seminars, lunch & learns, and handouts to at least 1 600 individuals per year
  - ▶ Recruit and maintain State Health Insurance Program (SHIP) volunteers to provide Welcome to Medicare Seminars and one-on-one counseling support to our ADRC
  - ▶ Provide Information, Referral and ADRC Counseling Services to 7,000 individuals per year
  - ▶ ADRC staff to have at least 4 trainings per year on benefits, resources, and policies related to navigation, information, and assistance.



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 3:** Increase capacity for older and disabled adults to access and act on information and resources.
  - ▶ Revise and simplify web site navigation for ease of use
  - ▶ Utilize technology to create easier access to information, common forms, and applications for self-referrals
  - ▶ Expand presence on social media platforms
  - ▶ Investigate strategies to balance the high-volume of service requests with flat state and federal funding
  - ▶ Provide outreach to underserved Island communities



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 support for family caregivers

- ▶ **Objective 1:** Promote and advocate for services necessary to remain safe at home.
  - ▶ Advocate for fuel and utility assistance programs
  - ▶ Implement Maine-ly Meals home delivered meals for those who do not qualify for, or are on a waiting list for, MOW
  - ▶ Increase the volunteer and client base in Money Minders programs in order to assist individuals with bill paying (as long as funding continues)
  - ▶ Provide home delivered and congregate meals options to 1500 individuals per year
  - ▶ Provide family caregiver counseling and supportive services to at least 165 caregivers annually



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 support for family caregivers

- ▶ **Objective 2:** Promote the development of a fairly compensated and valued direct care workforce.
  - ▶ Advocate at the legislative and administrative level for fair reimbursement rates
  - ▶ Advocate for community-based services which utilizes a direct care workforce at lower costs than institutionalization.
  - ▶ Collaborate with other organizations and alliances to explore opportunities regarding salaries, benefits, and training opportunities for a stronger direct care workforce.
  - ▶ Identify strategies to recruit and retain direct care workers in Adult Day services and Home Care services by partnering with In-Home Supports and Community Support services to broaden stability for the workforce.



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- ▶ **Objective 3:** Advocate for public transportation and ride options.
  - ▶ Advocate to increase availability of transportation options, especially in rural and underserved areas
  - ▶ Expand and update transportation resource listings on our public website
  - ▶ Collaborate with communities and organizations who are trying to build a better transportation infrastructure.
  - ▶ Connect older adults needing transportation to available community programs



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- ▶ **Objective 4:** Maintain and improve caregiver services
  - ▶ Explore new e-technology applications to provide support to caregivers on their own schedules
  - ▶ Expand education opportunities to caregivers, especially around early stage memory loss.
  - ▶ Provide respite time to caregivers of veteran families utilizing volunteers
  - ▶ Offer evidence-based caregiver training classes at least 4 times per year
  - ▶ Provide caregiver education, training, support groups, community education, and one-on-one counseling to caregivers



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▶ **Objective 5: Reduce food insecurity.**

- ▶ Combine quality meals with entertainment and activities to encourage consumers to attend our congregate dining sites and to stay and become engaged with other activities of interest
- ▶ Offer supplemental food to community members across the agency through partnerships established and maintained for the Commodity Supplemental Food Program
- ▶ Provide Meals on Wheels to 1400 consumers, maintaining weekly monitoring of waitlists when necessary.
- ▶ Provide a fee-for-service option for home-delivered meals to those who do not qualify for Meals on Wheels or who are on a waitlist.
- ▶ Collaborate with other organizations to raise awareness and advocate for those with food-insecurity.



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:** Increase participation in health and wellness programs.

- ▶ Develop "Healthy Living" seminars for community-based individuals and healthcare organizations to increase awareness and effectiveness of evidence based health & wellness programs
- ▶ Increase participation and availability of health and wellness classes at our community centers and at partner sites by expanding the network of providers; offering no less than 4 classes per year
- ▶ Pending funding availability, develop additional fitness programs at community centers and for homebound individuals
- ▶ Offer new evidence-based programs to meet the needs of our constituents such as Tai Ji Quan: Moving for Better Balance
- ▶ Create and implement public awareness campaign to increase knowledge about health benefits of evidenced based programming



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 2:** Expand volunteer opportunities.
  - ▶ Develop strategies to more efficiently recruit, coordinate, and train volunteers
  - ▶ Recruit disabled and older adults for volunteer positions
  - ▶ Increase Legacy Corp Membership by 5 members per year so that we may reach more Veterans/families to provide respite care
  - ▶ Increase professional roles with volunteerism
  - ▶ Investigate incentives for volunteering for essential roles



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 3:** Encourage/promote age friendly communities
  - ▶ Pursue funding to partner with two municipalities to create an age-friendly assessment
  - ▶ Develop a public education campaign about the aging population and their needs that allow aging in place.
  - ▶ Advocate for age-friendly community development
  - ▶ Collaborate with other organizations and municipalities around age-friendly communities and their requirements



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

- ▶ **Objective 1:** Increase awareness of financial exploitation
  - ▶ Collaborate with financial institutions and other organizations to better be able to identify those at risk of financial abuse, fraud, and exploitation
  - ▶ Coordinate the provision of training for front line staff in recognizing “red flags” for financial exploitation
  - ▶ Schedule financial exploitation presentations at 3 community centers annually
  - ▶ Provide an annual training on exploitation for staff and volunteers



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

- ▶ **Objective 2:** Provide education opportunities about fraud, elder abuse and scams
  - ▶ Schedule elder abuse recognition and awareness presentations at 3 community centers annually
  - ▶ Provide public education on fraud, elder abuse and scams
  - ▶ Incorporate elder abuse risk screening into Title III services
  - ▶ Provide advocacy around elder abuse prevention
  - ▶ Schedule elder abuse annual trainings for staff and volunteers.



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

- ▶ **Objective 3:** Collaborate with variety of partners to address elder abuse.
  - ▶ Participate in local elder abuse task forces or committees
  - ▶ Collaborate with Legal Services for the Elderly, LTC Ombudsman, and Adult protective services
  - ▶ Participate in local TRIADS when staff is available