

2019-2021 Dane County Aging Plan DRAFT Goals

(Approved by Advisory Council 5/11/18)

Caregiver

2019

Reduce stress and improve caregiver's ability to provide care and meet caregiving responsibilities in at least 75 new caregivers, with particular attention to diversity of caregivers served (Persons of Color, LGBTQ), through the use of comprehensive assessment, pre-post caregiver status evaluation, intensive case management, and caregiver grants for respite and supplemental needs (by 31 December 2019), as measured by the number of caregivers receiving case management/caregiver grants, increased percent of diversity served over a baseline as determined at 2018 year end, and the percent of caregivers indicating an improved caregiving situation upon post-evaluation.

Increase knowledge about the importance of planning by caregivers through the development of a Caregiver Succession Planning Tool Kit and implementation plan (modeled after the Dementia Crisis Planning Tool) by the Dane County Caregiver Alliance (by 31 December 2019).

Reduce the isolation of caregivers by encouraging utilization of existing resources; information to be gathered via ethnographic interviewing and presented in visual care map format illustrating access to a variety of socialization options (e.g., family, friends, and community resources, arts and other cultural events, Teleconnect Call-In support, VA Caregiver Services, caregiver support groups, *Powerful Tools for Caregivers* workshops, use of caregiver grants for respite and more) through increased media attention of and guest speaking opportunities about such options (at least 1/month) throughout Dane County (by 31 December 2019).

2020

Reduce stress and improve caregiver's ability to provide care and meet caregiving responsibilities in at least 75 new caregivers, with particular attention to diversity of caregivers served (Persons of Color, LGBTQ), through the use of comprehensive assessment, pre-post caregiver status evaluation, intensive case management, and caregiver grants for respite and supplemental needs (by 31 December 2020), as measured by the number of caregivers receiving case management/caregiver grants, increased percent of diversity served over a baseline as determined at 2019 year end, and the percent of caregivers indicating an improved caregiving situation upon post-evaluation.

Increase succession planning as demonstrated by at least 100 new caregivers/families completing Caregiver Succession Plans and pursuant documents for when they are no longer able to provide caregiving for a care recipient (by 31 December 2020).

Reduce the isolation of caregivers by encouraging utilization of existing resources; information to be gathered via interviews and presented in visual care map format illustrating access to a variety of socialization options (e.g., family, friends, and community resources, arts and other cultural events, Teleconnect Call-In support, VA Caregiver Services, caregiver support groups, *Powerful Tools for Caregivers* workshops, use of caregiver grants for respite and more) through increased media attention of and guest speaking opportunities about such options (at least 1/month) throughout Dane County (by 31 December 2020).

2021

Reduce stress and improve caregiver's ability to provide care and meet caregiving responsibilities in at least 75 new caregivers, with particular attention to diversity of caregivers served (Persons of Color, LGBTQ), through the use of comprehensive assessment, pre-post caregiver status evaluation, intensive case management, and caregiver grants for respite and supplemental needs (by 31 December 2021), as measured by the number of caregivers receiving case management/caregiver grants, increased percent of diversity served over a baseline as determined at 2020 year end, and the percent of caregivers indicating an improved caregiving situation upon post-evaluation.

Increase succession planning as demonstrated by at least 100 new caregivers/families completing Caregiver Succession Plans and pursuant documents for when they are no longer able to provide caregiving for a care recipient (by 31 December 2021).

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Workgroup Members

Last	First	Representing
Bollig	Janet	SSM Health At Home/Outreach Manager
Bracey	Pam	NESCO/Cultural Diversity Specialist
Crapp	Pam	Dane County Caregiver Alliance
De Broux	Jane	AAA Caregiver Coordinator
Edge	Cindy	Community Member/DeForest
Fischer	Jennifer	ADRC Manager
Flood	Margaret	VA Caregiver Support Program Coordinator
Forshaug	Lynn	SW Dane Senior Outreach
Meadows	Stephanie	Community Member/Madison
Pike	Mary	Community Member/Madison
Shenker	Kate	NESCO/Case Manager
Velasquez	Angela	AAA Program Specialist
Youngberg	Nicole	UW-Madison/Workplace Wellness Coordinator

Dementia

2019

Promote and encourage participation in dementia prevention & awareness education and early diagnosis by (1) dementia partners offering awareness and prevention education/activities in differing geographic locations, targeting smaller community/civic groups (such as Rotary, Lions, Kiwanis, church groups in more rural areas) and businesses throughout Dane County, reaching a minimum of 1,000; and (2) normalizing memory screening by ADRC trained screeners by marketing and conducting it as routine screening (like blood pressure and hearing) at health/wellness or community fairs throughout Dane County resulting in an increase of 10% more screens over 3 years. (Baseline of 219 screens in 2017)

Reduce the likelihood of dementia related crisis trauma of persons with dementia through increased family crisis planning in conjunction with first responders (police, fire, EMS, Crisis) through the completion of the Dementia Crisis Planning Tool for First Responders by a minimum of 200 families, resulting in persons being subject to the least restrictive environment during a crisis.

Ensure Dane County is Dementia Friendly to persons with dementia by educating and recruiting champions in individual communities willing to lead the process for making individual communities dementia friendly, as measured by adding two new Dementia Friendly Communities.

2020

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Workgroup Members

Last	First	Representing
Batterman	Cheryl	AAA Manager
Fischer	Jennifer	ADRC Manager
Freeman	Beth	LTC Community Services Manager
Gundermann	Rob	Alzheimer's & Dementia Alliance of WI
Haugen	Penny	Community Member/Waunakee
Kretschman	Carole	AAA Board
Meade	Amanda	Sugar River Senior Center
Nuttkinson	Bonnie	Alzheimer's Association
Schmidt	Joy	ADRC Dementia Care Specialist
Tortorice	Char	Community Member/Madison
Zimmerman	Betty	Community Member/Waunakee

Elder Nutrition

2019

Institute the Oliver paper meal tray and bowl system for home-delivered meals at 10 sites currently using aluminum containers and Styrofoam bowls with plastic lids for these meals. (By switching to meal trays, which are biodegradable and made from recycled materials, approximately 70,000 fewer aluminum trays and Styrofoam containers would go into landfills in 2019 and each year beyond.)

Increase funding for the Elder Nutrition Program to meet the increasing number of seniors in Dane County through a minimum 5% annual increase for catering and a COLA annual increase for site management.

Benchmarks include:

- Advocate to the State of Wisconsin by the AAA Board, staff, and Senior Focal Points for a more equitable statewide nutrition funding formula which would result in a funding increase for Dane County;
- Advocate to the Dane County Board of Supervisors, AAA Board and Legislative/Advocacy Committee for increased local funding;
- Advocate to the City of Madison by the Madison Senior Coalitions for inclusion of a minimum of \$30,000 over the next three years in new money directed toward the Elder Nutrition Program for Madison seniors to keep pace with contributions by most other Dane County municipalities; and
- Send donation letters to all home-delivered meal participants and/or their families requesting a donation, as able, for each meal received and explain the value of the service is more than just the meal served, but also the regular check-in.

Increase the number of People of Color participating in the Elderly Nutrition Program as diners, staff, and volunteers by 5% over 3 years.

Benchmarks include:

- Make sites more inclusive through ethnic food offerings at least once per month at all site locations;
- Explore the feasibility of opening at least one culturally specific restaurant or meal site location;
- Expand the diversity of programming offered around the meal time at traditional meal sites; and
- RSVP and Focal Points recruit People of Color to become meal site volunteers and home-delivered meal volunteers.

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Workgroup Members

Last	First	Representing
Barman-Paulson	Fran	AAA Board & Nutrition/Wellness Committee
Browning	Mary	AAA Dietician
Leigh	Dianne	AAA Board & Nutrition/Wellness Committee
Lindquist	Sonya	East Madison/Monona Coalition of the Aging
Meade	Amanda	Sugar River Senior Center
Mosiman	Cindy	Waunakee Senior Center
Stolla	Nancy	AAA Nutrition/Wellness Committee
Velasquez	Angela	AAA Program Specialist

Elder Justice

2019

Increase referrals to Adult Protective Services (baseline of 4% in 2017) from law enforcement by providing two training opportunities to county, city, and/or municipal law enforcement and emergency responders about the role and services provided by Adult Protective Services and following up annually to determine if additional training is needed.

Work with community resources, identify and train six (6) Persons of Color volunteers to work with racially-diverse senior adults to take charge of their health care decisions prior to crisis situations by providing information and completing Health Care Power of Attorney (HC-POA) documents.

Increase awareness about how to report and repair finances for victims of financial scams by APS and Consumer Protection agencies by offering a “train the trainer” workshop for the 40+ Senior Focal Point case managers and student interns, as measured by: (1) Number of presentations made by case managers and seniors in attendance; and (2) Number of individual clients counseled regarding reporting and repairing finances after a scam.

2020

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Workgroup Members

Last	First	Representing
Altfeather	Kay	Community Member/McFarland
Batterman	Cheryl	AAA Manager
Cairns	Rita	Community Member/Madison
Freeman	Beth	Adult Protective Services Manager
Gray-Dorn	Shari	Adult Protective Services Supervisor
Grimm	LeeAnn	Adult Protective Services Supervisor
Josephson	Myra	AAA Legislative/Advocacy Committee
Krueger	Jim	North/Eastside Senior Coalition
Virtue	Sheila	Community Member/Oregon

Healthy Aging

2019

Offer evidence-based health prevention programs to reduce falls and improve chronic disease self-management in order to reduce falls, fear of falling, and ER visits and hospital admissions.

Benchmarks include:

- Offer 24 *Stepping On* workshops to 285 senior adults, with at least two in underserved areas of Dane County and two more to under-represented groups (Persons of Color and LGBT);
- Conduct at least two *Healthy Living with Diabetes* workshops to 20 senior adults; and
- Conduct at least two *Living Well with Chronic Conditions* workshops to 20 senior adults.

Research best practices for reducing isolation in homebound senior adults, with special emphasis on seniors living alone.

Improve the environmental and emotional well-being of seniors by researching and providing information to Senior Focal Points of any existing low- or no-cost resources for healthy seniors to use when attempting to de-clutter their personal living spaces prior to the possibility of these life-long habits resulting in actual health endangering or hoarding issues.

2020

Offer evidence-based health prevention programs to reduce falls and improve chronic disease self-management in order to reduce falls, fear of falling, and ER visits and hospital admissions.

Benchmarks include:

- Offer 26 *Stepping On* workshops to 305 senior adults, with at least two in underserved areas of Dane County and two more to under-represented groups (Persons of Color and LGBT);
- Recruit and train two *Stepping On* leaders and two peer leaders from communities of color;
- Conduct at least two *Healthy Living with Diabetes* workshops to 20 senior adults; and
- Conduct at least two *Living Well with Chronic Conditions* workshops to 20 senior adults.

Report on the findings and feasibility of offering programs/services that reduce isolation in homebound senior adults, with special emphasis on seniors living alone, to the AAA Nutrition & Wellness Committee to recommend a budget priority to the AAA Board.

Encourage Dane County seniors to focus on individual energy conservation (as part of the environmental area of wellness in the seven dimensions of wellness) by providing 15 Senior Focal Points with Focus on Energy resources by June to educate and link seniors to free or low-cost energy conserving materials that they can access and deploy in their homes and communities.

2021

Offer evidence-based health prevention programs to reduce falls and improve chronic disease self-management in order to reduce falls, fear of falling, and ER visits and hospital admissions.

Benchmarks include:

- Offer 29 *Stepping On* workshops to 335 senior adults, with at least two in underserved areas of Dane County and two more to under-represented groups (Persons of Color and LGBT);
- Recruit and train one *Stepping On* leader and one peer leader from communities of color;
- Conduct at least two *Healthy Living with Diabetes* workshops to 20 senior adults; and
- Conduct at least two *Living Well with Chronic Conditions* workshops to 20 senior adults.

Report on the findings and feasibility of offering programs/services that reduce isolation in homebound senior adults, with special emphasis on seniors living alone, to be advocated for by the AAA Legislative/Advocacy Committee for new County funding.

Workgroup Members

Last	First	Representing
Barman-Paulson	Fran	AAA Board & Nutrition/Wellness Committee
Dewey	Clarice	Community Member/Oregon
Hill	Mary	AAA Nutrition/Wellness Committee
Hillman	Ashley	Safe Communities/Health Promotion
Kaud	Faisal	AAA Legislative/Advocacy Committee
Mohan	Sridevi	AAA Board & Public Health
Riley	Lynn	ADRC I & A Supervisor
Velasquez	Angela	AAA Program Specialist