



Sonoma County Area Agency on Aging

Area Plan Update 2008 – 2009

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Sonoma County
Area Agency on Aging
Planning and Service Area (PSA) 27

2008-09 Area Plan Update



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PSA 27
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TABLE of CONTENTS

Preface	i
Narrative of Relevant Changes	1
Area Plan Goals and Objectives	
Goal One: Increase Access to Transportation Resources	9
Goal Two: Increase Awareness of Health and Social Services	11
Goal Three: Increase Access to Home and Community-Based Services	16
Goal Four: Improve Access to Affordable Housing Options	21
Summary and Conclusion	23

The following Area Plan administrative information has not been included in this document but is available upon request:

- Organizational chart
- Service Unit Plans: 2008–09
- Title III/IV, Title III-E, Other State-funded Grants (OSFG) and HICAP
- Appendices
 - II Public Hearings
 - III Governing Board
 - IV Advisory Council
 - XI Disaster Preparation Planning
 - XII Baby Boomer Information

Preface

The Area Agency on Aging (AAA) is charged with addressing a broad spectrum of issues affecting older adults, adults with disabilities, and their caregivers. The FY 2008-09 Update of the Area Plan 2005-2009 provides additional direction to work proactively in the collaborative development of home and community-based systems of care that are responsive to the needs of seniors, adults with disabilities, and their caregivers in Sonoma County.

The AAA was created by the Older Americans Act (OAA) with a mandate to serve as a visible and effective leader and advocate, providing local leadership to accomplish state and federal program goals. The OAA goals, as broadly defined, are to:

- secure and maintain maximum independence and dignity in a home environment for older individuals capable of self-care with appropriate supportive services;
- remove individual and social barriers to economic and personal independence for older individuals;
- eliminate barriers and support the development of coordinated and accessible home and community-based systems of care.

The 1996 revision of the Older Californians Act reiterates federal requirements to facilitate the development of home and community-based systems of care and adds increased responsibility for the AAA to provide local oversight to a number of state-funded programs, which were previously managed at the state level.

The 2005 – 2009 Area Plan and this 2008 – 09 Plan Update were developed based on these goals and in alignment with the Area Agency on Aging's mission to promote dignity, independence and quality of life for seniors, adults with disabilities, and their caregivers. In an effort to prepare for the increasing senior/boomer population, the Advisory Council's Mobility and Transportation Committee has been focusing on expanding access to transportation, especially in rural areas. The Elder Abuse Prevention Council has been reconfigured under a new name, the Elder Abuse Prevention Project. The Project will focus on Court Watch, mandated reporter education and community education, Elder Abuse Coordination Team, law enforcement training and community awareness events. Health promotion continues to be an important focus as evidenced by the increased efforts of the Step Wise Program, helping seniors learn how to prevent falls. Continued efforts are being made to educate the community about services for seniors, adults with disabilities, and their caregivers and to increase their access to those services. Disaster planning is underway to collaboratively create an integrated, countywide disaster plan focusing on the needs of these special populations.

Narrative of Relevant Changes

1. **Introduction:** The Sonoma County Area Agency on Aging (AAA) is a unit of local county government and operates within the Adult and Aging Division of the Sonoma County Human Services Department.

The annual budget of the AAA is approximately \$3,100,000. Revenues are received from Older Americans Act funding, the California Department of Aging and the County of Sonoma. Of the AAA budget, more than \$2,000,000 is contracted to community service providers. Services delivered to the 60+ population, family members and caregivers include: congregate meals, home-delivered meals, information and assistance, case management, elder abuse prevention, legal services, transportation, adult day care, respite care, Alzheimer's day care, in-home care, medication management and health insurance counseling.

The director of the Adult & Aging Division also serves as the designated AAA director. The AAA administrative staff includes: program development manager, 1.25 program planners, fiscal officer, account clerk and a secretary. The Linkages Program and the Multipurpose Senior Services Program (MSSP) are direct services of the AAA. Staff for these programs include: four social workers and a registered nurse for MSSP, two social workers for the Linkages Program and a supervisor shared between the two programs.

The Linkages and Multipurpose Senior Services Programs continue to provide essential support service to enable seniors and adults with disabilities to remain at home. The Linkages Program receives Older Americans Act funding to provide personal care to clients and respite services to caregivers.

The Sonoma County Board of Supervisors continues to support programs for seniors and lend financial, administrative and policy-making assistance to the AAA. In turn, the AAA Advisory Council works closely with the Board to make policy and funding recommendations to assist Sonoma County residents who are more than 60 years of age, are disabled or are caregivers. Over the years, an effective partnership has been created which is very beneficial to Sonoma County seniors, younger adults with disabilities, and their caregivers.

The AAA Advisory Council is made up of 21 volunteers representing all areas of the community: business, education, social services, health, government and others. Members represent all five supervisorial districts and geographic areas of the County. Most are at least 60. In addition to members appointed by the Board of Supervisors, there are member-at-large positions selected to represent consumers, minority and disabled populations, service providers and senior advocacy groups.

The AAA Advisory Council conducts most of its work through committees. The current committees include Executive, Legislative, Planning & Funding and the relatively new Transportation and Mobility Committee. In addition to Advisory Council members, volunteers from the community serve on the

Legislative and Transportation and Mobility Committees. With the potential closure of a major hospital in Santa Rosa (population 165,000), the Legislative Committee continues to focus on health care issues facing seniors, people with disabilities and their caregivers. The Executive Committee serves as a steering committee for the Advisory Council. Ad hoc committees are formed to work on short-term projects. The Bylaws and Procedures Committee completed updating the bylaws in October 2007.

2. **Changes in Goals and Objectives:** No changes have been made in the goals for the 2008-2009 Area Plan Update. Objectives in each of the four goal areas have been added, revised and/or deleted. The rationale for changes in objectives is covered in the "Goals and Objectives" section which follows the Narrative Section.
3. **Needs Assessment Findings:** The Area Plan Update for 2008 – 09 contains activities that address the needs identified through the development of the 2005 – 2009 Area Plan. This information was used to develop funding priorities to assist in the development of the Request for Proposals (RFP) that was released in FY 06-07. It also aided in distributing one-time-only funds.
4. **FY 2007-08 Changes and Highlights**
 - A. Transportation
 - B. Awareness of Services/Outreach Efforts
 - C. Disaster Preparedness Planning
 - D. Legislative Advocacy
 - E. Housing
 - F. Care Transitions
 - G. Elder Abuse Prevention Council (now Elder Abuse Prevention Project)
 - H. Senior Safety
 - I. Older Americans Month/Senior Art Show
 - J. Making the Link
 - K. South County Forum
 - L. Substance Abuse Prevention
 - M. Advisory Council Training
 - N. CDA Monitoring – Best Practices Cited

A. Transportation

The Transportation and Mobility Committee has been active in addressing the need for more transportation options for seniors and disabled individuals. Activities include resource development and coordination. The AAA awarded funds for the development of a volunteer driver program, applied for and received funds to coordinate services for low income seniors in rural areas. The Committee developed a Transportation Resource Guide for use by senior centers in Sonoma County.

B. Awareness of Services/Outreach Efforts

In an effort to improve awareness of services for older adults, adults with disabilities, and their caregivers, AAA staff and the Advisory Council participated in educational fairs: Senior Day at the Sonoma County Fair, End of Harvest Fair, Petaluma Senior Expo, the Aging in Place Senior Expo, the Alzheimer's Association and Healthy by Design conferences. Materials were also provided for display at the Latino Health Forum.

Continued effort was made to access hard-to-reach populations, including Latinos, older residents of mobile home parks and the faith-based community. AAA staff coordinated interviews in Spanish by local senior service providers on Univision and hosted a Latino Service Providers' meeting in which Human Services Department's Adult and Aging Division staff presented on the many programs offered through the department. In addition, the AAA Advisory Council and AAA staff are beginning to look at the issues facing the lesbian/gay/bisexual/transgender (LGBT) and baby boomer populations and how those issues can be addressed.

The faith-based community mailing was used to notify this community of the availability of the *2007 Senior Resource Guide*.

C. Disaster Preparedness Planning

Staff is involved in an effort to develop a countywide disaster plan that includes service providers, County Office of Emergency Services and the city of Santa Rosa. The In-Home Supportive Services Program has implemented a client coding system (from most critical to less critical in need of assistance) that is downloaded monthly and provided to the local Emergency Services Office. AAA staff worked with appropriate service providers to ensure that they had developed a disaster preparedness plan for their agency. The Legislative Committee of the Advisory Council focused on advocating for policies and regulations to adequately support older adults and adults with disabilities to be self-sufficient following a disaster. A PowerPoint presentation, focusing on the developmentally disabled, was provided by a representative of the North Bay Regional Center. He remains the liaison between the Legislative Committee and the state's regional centers as the planning intensifies for disaster preparedness for vulnerable populations. He also organized a meeting with new Assemblymember Huffman to address the needs of those populations in times of disaster. AAA staff serves on an Extreme Heat Threat Assessment Committee, collaborating with the local Department of Health Services. AAA staff serves on the C4A disaster preparedness workgroup.

D. Legislative Advocacy

Legislative advocacy continues to be a strong focus of the Advisory Council. Legislative Aides attend Legislative Committee meetings, providing essential updates on state legislative and budget issues and trainings, when requested. The Legislative Committee advocated tirelessly for the passage of the Elder Justice Act and additional funding for MSSP, APS, the Older Americans Act, Linkages Program and expansion of the Assisted Living Waiver Pilot Project. Locally, the committee has served as a forum for representatives of the mobile home park community to discuss issues around the potential conversion of mobile home parks. Another important agenda for this committee is advocating that Mental Health Services Act funding be allocated for local seniors.

An update on the Assisted Living Waiver Pilot Project was given to Advisory Council members and 30 community members. A representative from the California Department of Health Services provided background to the project and its current status. Staff is collaborating with community members and agencies to advocate for the expansion of the project into Sonoma County.

E. Housing

The significant lack of affordable housing is one of the major barriers to keeping seniors in the community. Improved access to affordable housing was identified as an Area Plan goal. To assist agencies in helping clients identify affordable housing, the Area Agency on Aging distributes the *Sonoma County Housing Guide*. It is also accessible on the website. In addition, staff participated in the Continuum of Care Planning Group meetings through the County's Community Development Commission. The group has been developing the "10-Year Homeless Action Plan" advocating for additional permanent supportive, low-income and transitional housing sites for seniors and adults with disabilities.

F. Care Transitions

A Care Transitions grant was awarded by the California Health Care Foundation to the AAA to reduce hospital readmissions for patients 65 and older. The program is a partnership between local hospitals, skilled nursing facilities and the Sonoma County Human Services Department's Adult & Aging Division. This "patient empowerment" program provides a coach to discharged participants to help them transition from the hospital to home. The intervention includes a hospital visit, a home visit, follow-up phone calls and referrals to resources. Participants are coached to help them manage their ongoing health issues. They are provided with a Patient Health Record, a tool that is used to discuss their health care management with their physician.

A Care Transitions brochure was developed in collaboration with partners and disseminated at participating sites. Since July 2007, approximately 100 seniors have been assisted through the program, preventing them from being re-hospitalized.

As a result of this initiative, an Adult Disability Resource Center planning group has been established.

G. Elder Abuse Prevention Council

The Elder Abuse Prevention Council, EAPC, has been renamed the Elder Abuse Prevention Project (EAPP) and restructured to focus on specific activities. The EAPP encompasses the broader efforts of the Adult and Aging Division with the work of the AAA to focus efforts through the following projects: Court Watch, mandated reporter and community education, Elder Abuse Coordination Team and law enforcement trainings. Adult Protective Services staff provided three trainings for mandated reporters and three for the community. An Advisory Council member and AAA staff collaborated with the District Attorney's office to train deputy district attorneys regarding elder abuse prosecution. Additionally, planning is underway for a Family Justice Center, a one-stop center for families of domestic abuse, with advocacy to include resources for elder abuse victims.

H. Senior Safety

The Step Wise Program focuses on preventing falls in the senior population. It consists of two programs. "Safe Steps" is a one-session workshop, developed by the Home Safety Council, to help seniors create a safe home environment, receive a "medication tracker" and learn about local resources to engage in physical activity. "A Matter of Balance – Managing Concerns about Falls" is a nationally acclaimed, evidence-based program presented by trained volunteer coaches to reduce fear of falling and increase activity levels. Representatives were sent to senior fairs to promote the program and to intern fairs to secure interns for the "Safe Steps" presentation.

The Area Agency on Aging is also receiving funding from the Administration on Aging's Choices for Independence grant. It is one of five counties participating in this pilot project statewide. During this planning period, the Step Wise Program provided two coach trainings, resulting in 36 new coaches being trained. Ultimately, ten "A Matter of Balance" classes were offered, with more than one-hundred seniors benefiting from these fall prevention efforts.

The Step Wise Program was honored with a California State Association of Counties Merit Award in July 2007. Staff and members of the task force hosted a table at the C4A conference in November 2007.

I. Older Americans Month/Senior Art Show

Older Americans Month in May will be observed with the Eleventh Annual Senior Art Show sponsored by the Sonoma County Area Agency on Aging Advisory Council, the Human Services Department's Adult and Aging Division, with cooperation and generous support from senior centers throughout Sonoma County. The Adult & Aging Division collaborated with the Sonoma County Area Agency on Aging and its Advisory Council to develop an art show that was for and by seniors. The idea originated from one of the In-Home Supportive Services social workers who observed first-hand, the impact that the ability to create art had on her clients. She realized that clients who were involved in utilizing their creative talents focused on their abilities rather than their disabilities. In highlighting what they could do, rather than what they couldn't do, their lives were enhanced.

The Senior Art Show works synergistically with agencies that provide art classes to seniors. The classes bring them into a community, such as a senior center, where they are also exposed to other resources, activities and people. Upon completion of a piece of art, seniors may display it at the Senior Art Show and share it being on display in a community setting. They are also honored at the event. The Senior Art Show was honored with awards from both n4a and the California State Association of Counties

J. Making the Link

The goal of the Making the Link Task Force is to educate physicians about the health risks that face caregivers. The Task Force has been successful in reaching over 30 physicians with information about support services. Members created a prescription pad for caregiver services, piloted at select physicians' offices. The goal is to encourage physicians to identify caregivers in need of services and "prescribe" supportive services.

K. South County Forum

The South County Forum is a project of the Health Care District in southern Sonoma County. The Forum has been focusing on senior issues, developing biweekly articles for the local newspaper. AAA staff continues to represent seniors at South County Forum meetings. During this reporting period, members developed a Personal Emergency Worksheet to be placed in a zip lock bag and attached to the refrigerator, along with a distribution plan. Five hundred seniors were reached.

L. Substance Abuse Prevention

AAA staff has been attending meetings to collaborate with the County's Prevention & Planning Division to identify strategies to reduce and prevent substance abuse by older

adults. The committee has been meeting to discuss the development of another conference. Articles regarding signs of substance abuse in seniors were written and disseminated to senior service agencies.

M. Advisory Council Training Day

The Sonoma County Area Agency on Aging’s Advisory Council selected health care as the topic for their annual training. The local Department of Health Services’ Health Officer, staff from the alcohol and other drug services and mental health services provided an overview of their mission and services to the community. In addition, a member of the Sonoma County Medical Association and the Public Authority Director discussed the current health care legislation on both federal and local levels. Finally, the community clinics responded to Advisory Council members’ questions about their client population and services. The goal of the training was to better understand the local health care landscape in order to identify appropriate legislation and avenues of advocacy around health care issues affecting seniors and people with disabilities.

N. CDA Monitoring – Best Practices Cited

During the 2007 monitoring by the California Department of Aging, the AAA received eleven citations of “Best Practices.” They were in the categories of financial reporting, the Elderly Nutrition Program, disaster preparedness, staffing and organization, management of service providers, Linkages and Title III E – Family Caregiver Support Program (five in this category).

- 5. **Target Population:** Sonoma County is considered a rural/suburban county with significant unincorporated and geographically isolated areas. There are nine municipalities in the county: Cloverdale, Cotati, Healdsburg, Petaluma, Rohnert Park, Santa Rosa, Sebastopol, Sonoma and Windsor. The Russian River/West County area includes the unincorporated city of Guerneville, as well as several other small unincorporated communities. Many of these communities are geographically isolated from one another and operate independently. Community members stress the uniqueness of each area and strongly emphasize the existence of local autonomy.

Table 1
Senior Population Growth - Sonoma County vs. California

	Population Growth Rate 1990 – 2000		Projected Growth Rate 2000 – 2010	
	Sonoma County	California	Sonoma County	California
Total Population	18.1%	13.8%	12.5%	15.8%
60+	11.5%	12.0%	48.0%	35.1%
85+	64.7%	42.3%	75.5%	47.8%

Source: U.S. Census data for 1990 and 2000; California Department of Finance Population Projections for 2010, Sacramento, California, May 2004.

Table 1 illustrates that from 1990-2000, Sonoma County’s population, age 85 and older, grew faster (64.7%) than the county population as a whole (18.1%) and more quickly than the county’s population 60 and older (11.5%). Using California Department of Finance population estimates, county projections for 2010 show continued high rates of growth for the elderly. The age group 85 and older is projected to increase by 75.5%; projections for the 60 and older age group are 48%. By comparison, the overall county population is projected to grow by only 12.5%.

Table 2
Senior Population - Sonoma County

Population	1990	%	2000	%	2010	%
Total Population	388,222	100%	462,347	100%	515,968	100%
60+	66,742	17%	75,423	16%	110,212	21%
65+	52,135	13%	58,726	13%	75,690	15%
65-74	29,231	8%	27,426	6%	37,573	7%
75-84	17,729	5%	22,614	5%	23,150	4%
85+	5,175	1%	8,686	2%	14,967	3%

Projections for 2010 by California Department of Finance. Source: U.S. Census data for 1990 and 2000; California Department of Finance Population Projections for 2010, Sacramento, California, May 2004.

Table 3
Senior Population - California

Population	1990	%	2000	%	2010*	%
Total Population	29,760,021	100%	33,871,648	100%	39,957,606	100%
60+	4,234,871	14%	4,742,499	14%	6,510,098	16%
65+	3,135,552	11%	3,595,658	11%	4,555,688	11%
65-74	1,857,221	6%	1,887,823	6%	2,494,436	6%
75- 84	979,224	3%	1,282,178	4%	1,423,086	4%
85+	299,107	1%	425,657	1%	638,166	2%

Projections for 2010 by California Department of Finance; Source: U.S. Census data for 1990 and 2000; California Department of Finance Population Projections for 2010, Sacramento, California, May 2004.

Tables 2 & 3 illustrate that the elderly comprise a higher proportion of the population in Sonoma County than in California. For the decade 1990-2000, Sonoma County's population of those over age 60 was consistently higher than that of California. In 1990, 17% of Sonoma County's population was over 60, compared to 14% of the California population; in 2000, 16% of Sonoma County's population was more than 60, again compared to 14% of California's population. Projections indicate that the county's population will continue to include a larger proportion of seniors than the state's population; 21% of the county's population in the year 2010 will be more than 60 while 16% of California's population will be over 60.

Table 4
2008 Demographics of Older Adults - Sonoma County

Demographic Category	Number	% of Total Population
Total Seniors (60+)	89,106	18.3
Total Senior Males	39,845	8.2
Total Senior Females	49,261	10.0
Age 75+	29,060	6.0
Age 85+	9,686	2.0
Demographic Category	Number	% of Senior Population
White (60+)	76,444	86.0
Minorities (60+)		
Latino	6,993	8.0
Asian	2,986	3.0
Multirace	1,001	1.1
Black	859	1.0
American Indian	698	.8
Pacific Islander	125	.1

Source: California Department of Finance Population Projections for 2008, Sacramento, California, July 7, 2007.

Table 4 illustrates that there are 89,106 individuals age 60 and older, representing 18.3% of the total population of 487,575 in Sonoma County. This represents a small decline over the past year, using 2007 projections. There is, however, a substantial increase in Latino seniors, representing 8% of the senior population in 2008 compared to 5.8% of the senior population in 2007.

The 2000 Census Data identified 17,171 individuals 65 and older living alone, representing 29.6% of that age group (58,726). The 2000 Census Data also indicated that 5.9% of the age 60 and older population was at poverty level and 9.8% of individuals in that age group were at 125% of poverty level. Census data identified that 16.3% of the senior population live in rural areas. Of the seniors in rural areas, 19% live alone. Clearly, with the increase in population, these numbers have grown over the past five years.

6. Conclusion

The FY 2008-09 Area Plan Update was initially reviewed by the Planning and Funding Committee on February 6, 2008 and approved by the Planning and Funding Committee on March 5, 2008. A public hearing was held on April 16, 2008 and the plan was approved by the Advisory Council at that time. The Sonoma County Board of Supervisors gave final approval to the update on May 13, 2008.

Sonoma County – PSA 27 Area Plan Goals and Objectives

Goal #1: Improve Access to Transportation Resources

Advocate improving access to transportation resources for seniors and adults with disabilities.

Rationale:

Transportation to medical services, social services and for social interaction was identified as an unmet need by senior participants, disabled adults and key informants in the fall 2004 needs assessment. The large geographic area and its widely dispersed senior population pose a major challenge to the AAA in its delivery of services for seniors and persons with disabilities. Isolated, rural and homebound seniors, in particular, often have limited or no access to public transportation.

Activity and social interaction have been shown to improve the quality of life of older adults, but many Sonoma County older adults are unable to participate in social interaction or to avail themselves of essential medical and social services because of inadequate transportation. The availability of responsive transportation services is critical to the ability of older adults and persons with disabilities to remain in their homes.

Objectives:

- 1.1 Advisory Council members will plan at least one educational presentation at an AAA Advisory Council meeting related to senior transportation services. Projected start date FY 2005-06. To be completed by June 30, 2006. (PD) *(Completed, February 15, 2005, August 17, 2005; three presentations on transportation were held.)*
- 1.2 **(FY 06-07)** Advisory Council members will advocate for more inclusive paratransit requirements to at least one city or local transportation entity in Sonoma County. Projected start date FY 2005-06. To be completed by June 30, 2007. (PD) *(This objective was initiated during this planning year, resulting in an Advisory Council member training and presentations to the public and Advisory Council by the Beverly Foundation. More groundwork needs to be laid before an advocacy plan can be implemented.)*
- 1.3 **(FY 06-07)** Advisory Council members will attend three public meetings related to transportation to advocate for expanding transportation options for seniors and adults with disabilities. Projected start date FY 2005-06. To be completed by June 30, 2006. (PD) *(Completed June 2006; Advisory Council member attends bimonthly Para-transit/Transit meetings; Section on Aging Supplemental Transportation forum; Advisory Council Supplemental Transportation presentation)*
- 1.4 **DELETED (FY 2007-08)** AAA staff will secure an intern to develop a brochure to educate people about options/solutions for older adults no longer driving. To be completed by June 2008. (PD) *(Not completed due to lack of funding.)*

- 1.5 **DELETED (FY 2007-08)** AAA staff will collaborate with local agencies to facilitate the distribution of 200 brochures for older adults no longer driving. To be completed by June 2008. (C) *(Not completed due to lack of funding.)*
- 1.6 **(FY 2006- 07)** Advisory Council established new Transportation and Mobility Committee to research and review current and model transportation programs and potential funding sources. To be completed by October 2006. (PD) (Completed June 2007)
- 1.7 **(FY 2006-07)** Transportation and Mobility Committee will develop Request for Proposal (RFP) for \$30,000 for Title IIIB, transportation funds. To be completed by February 2007. (PD) (Completed March 2007)
- 1.8 **(FY 2007- 08)** Transportation and Mobility Committee will review a minimum of four potential funding sources and determine eligibility and appropriateness for AAA to apply for funding. To be completed by June 2008. (PD) (Completed June 2008)
- 1.9 **REVISED (FY 2008 - 09)** Transportation and Mobility Committee will develop a driver safety educational presentation, "Planning for After Your Car Keys Are Gone." To be completed by June 2009. (PD) *(Revised for completion in 2008-09; not completed due to staff shortages.)*
- 1.10 **REVISED (FY 2008- 09)** Transportation and Mobility Committee will provide ten presentations to senior groups regarding planning for after the car keys are gone. To be completed by June 2009. (C) *(Revised for completion in 2008-09; not completed due to staff shortages.)*
- 1.11 **NEW (FY 2008 - 09)** AAA staff will collaborate with the City of Santa Rosa's staff to review and modify the paratransit assessment process to accommodate potential paratransit users who are at-risk for loss of independence. To be completed June 2009. (C)
- 1.12 **NEW (FY 2008-09)** The Transportation and Mobility Committee and AAA staff will develop and expand existing transportation options in identified rural areas. To be completed June 2009. (PD)

Goal #2: Increase Awareness of Health and Social Services

Improve awareness of health and social services for seniors, adults with disabilities, and their caregivers through community education and outreach.

Rationale:

Seniors are living longer; the fastest growing age group in Sonoma County is adults age 85 and older.

Improved and expanded community education and outreach on senior issues, accessible and affordable health care and social services will assist older adults and adults with disabilities to remain independent or in the least restrictive environment and provide them greater access to a wide range of services.

Lack of information about available health and social services and difficulty in accessing those services were identified as significant barriers by isolated and rural seniors, monolingual Spanish-speaking seniors, adults with disabilities, caregivers, and key informants who participated in the fall 2004 needs assessment conducted by the Area Agency on Aging.

Objectives:

- 2.1 AAA staff will provide training on Medicare Part D to senior service providers to increase their knowledge on changes in Medicare. Projected start date FY 2005-06. To be completed by June 30, 2006. (C) *(Completed September 27, 2005)*
- 2.2 AAA staff will survey three counties that have implemented 211 community service telephone number and report to Planning and Funding Committee. Projected start date FY 2005-06. To be completed by March 30, 2006. (PD) *(Completed June 2006)*
- 2.3 AAA staff and Advisory Council members will provide one training on senior resources to Sonoma County Information and Assistance volunteers to increase outreach and knowledge about senior services. Projected start date FY 2005-06. To be completed by June 30, 2006. (C) *(Completed April 2006)*
- 2.4 AAA staff and Advisory Council members will update and distribute more than 25,000 English and Spanish language Senior Resource Guides to increase public knowledge of available resources. Projected start date FY 2005-06. To be completed by June 30, 2006. (C) *(Completed update August 2005; objective completed June 2006)*
- 2.5 AAA staff will update English and Spanish language Senior Resource Guides on the AAA website (www.socoaaa.org) and disseminate information about its existence to service providers, health care organizations and community groups in order to increase community awareness about senior services. Projected start date FY 2005-06. To be completed by September 30, 2005. (C) *(Completed September 2005)*
- 2.6 AAA staff and Advisory Council members will participate in four community events to increase awareness of services for seniors, adults with disabilities, and their

- caregivers. Projected start date FY 2005-06. To be completed by June 30, 2006. (C) *(Completed October 2005)*
- 2.7 AAA, in cooperation with the Active Aging Task Force, will provide one community outreach event designed to increase the awareness of the importance of physical activity for seniors. Projected start date FY 2005-06. To be completed by June 30, 2006. (C) *(Completed June 2006)*
- 2.8 AAA Making the Link Task Force will provide five presentations and information packets to health care professionals in Sonoma County. Projected start date FY 2005-06. To be completed by June 30, 2006. (C) *(Completed December 2005, over 30 presentations made)*
- 2.9 AAA staff and Advisory Council members will provide five presentations on the results of the 2004 senior needs assessment, *Living Longer, Living Well*, to community groups in Sonoma County to increase awareness of senior services. Projected start date FY 2005-06. To be completed by June 30, 2006. (PD) *(Completed December 2005 - 5 City Council presentations; 4 community presentations; 1 South County Forum)*
- 2.10 Nutrition Committee members will prepare and distribute a public service announcement in English and Spanish to five radio stations about senior nutrition services in Sonoma County. Projected start date FY 2005-06. To be completed by June 30, 2006. (PD) *(Completed June 2006)*
- 2.11 **(DELETED 06-07)** Nutrition Committee members will write two newspaper articles about senior nutrition services to increase awareness of nutrition services. Projected start date FY 2005-06. To be completed by June 30, 2007. (PD) *(This objective was not completed during this planning period; projected completion date will be June 30, 2007.) (The Nutrition Committee's functions have been merged into the Planning & Funding Committee.)*
- 2.12 AAA staff will provide a presentation to agency representatives serving Latinos to increase awareness about senior services in Sonoma County. To be completed by June 30, 2006. (C) *(Completed September 27, 2005)*
- 2.13 AAA staff will translate into Spanish the "Tips for Caregivers" handout for distribution to health care providers through the Making the Link Task Force. To be completed by June 30, 2006 (PD) *(Completed March 2006)*
- 2.14 **(FY 2006-07)** AAA staff will continue to promote services by attending four Latino Service Providers meetings. To be completed by June 30, 2007. (C) *(Completed June 2007)*
- 2.15 **(FY 2006-07)** AAA staff will continue to coordinate with planning efforts to address the needs of seniors in southern Sonoma County by attending at least four meetings of South County Forum. To be completed by June 30, 2007. (C) *(Completed June 2007)*
- 2.16 **(FY 2006-07)** AAA staff will continue to present the results of the needs assessment entitled, "Living Longer, Living Well," to four community groups in order

- to advocate for the needs of seniors, persons with disabilities, and their caregivers. To be completed by June 30, 2007. (C) (Completed June 2007)
- 2.17 **(FY 2006-07)** The Making the Link Task Force will distribute “Caregiver Tips” in Spanish to 25 health care professionals working with Latinos. To be completed by June 30, 2007. (PD) (Completed June 2007)
- 2.18 **(FY 2006-07)** The Making the Link Task Force will develop and distribute a “caregiver support prescription pad” to 25 health care professionals. The prescription pad will list resources about local support for caregivers and AAA contact information. To be completed by June 30, 2007. (C) (Completed June 2007)
- 2.19 **(FY 2006-07)** The Elder Abuse Prevention Council will make five educational presentations to financial institutions regarding the financial elder abuse legislation (SB 1018) enacted in January 2006. To be completed by June 30, 2007 (C) (Completed June 2007)
- 2.20 **(FY 2006-07)** The Elder Abuse Prevention Council will make five presentations to consumer groups to educate them about elder abuse prevention. To be completed by June 2007. (C) (Completed June 2007)
- 2.21 **(FY 2006-07)** AAA staff will collaborate with the City of Santa Rosa mayor’s efforts to address the needs of seniors, adults with disabilities, and their caregivers by planning and implementing a conference for planners and builders to address strategies to age in place using universal design. To be completed by June 2007. (PD) (Completed February 2007)
- 2.22 **(FY 2006-07)** AAA staff will collaborate with the efforts of the county Department of Health Services to address the issues of elder substance abuse by assisting in developing a training for caregivers and senior service providers. To be completed by June 2007. (C) (Completed April 2007)
- 2.23 **(FY 2006-07)** AAA staff will participate in countywide 211 planning committee convened by the Volunteer Center of Sonoma County. To be completed by June 2007. (C) (Completed June 2007)
- 2.24 **(FY 2007- 08)** AAA staff will update the Sonoma County Senior Resource Guide and, with Advisory Council members, will distribute thirty thousand 2007 guides in English and Spanish to increase public knowledge of available resources. To be completed by June 2008. (C) (Completed May 2007)
- 2.25 **(FY 2007 – 08)** Advisory Council members and AAA staff will participate in four community events to increase awareness of services for seniors, adults with disabilities, and their caregivers. To be completed by June 2008. (C) (Completed October 2007)
- 2.26 **(FY 2007 – 08)** The Making the Link Task Force will provide at least five presentations and information packets to health care professionals in Sonoma County to promote resources for caregivers. To be completed by June 2008. (C) (Completed June 2008)

- 2.27 **(FY 2007- 08)** Advisory Council members and AAA staff will provide a presentation to agency representatives serving Latinos to increase awareness about senior services in Sonoma County. To be completed by June 2008. (C) (Completed August 2007)
- 2.28 **(FY 2007 – 08)** AAA staff will continue to promote services by attending at least three Latino Services Providers meetings. To be completed by June 2008. (C) (Completed June 2008)
- 2.29 **(FY 2007 – 08)** AAA staff will continue to coordinate with planning efforts to address the needs of seniors in south county by attending at least three meetings of South County Forum. To be completed by June 2008. (C) (Completed June 2008)
- 2.30 **(FY 2007 – 08)** AAA staff will continue to support the efforts of the county’s substance abuse prevention efforts for seniors by attending a minimum of three meetings of the Substance Abuse Prevention Task Force. To be completed by June 2008. (C) (Completed December 2007)
- 2.31 **NEW (FY 2007-08)** AAA staff will collaborate with the Substance Abuse Prevention Task Force to provide training for paraprofessionals regarding the issue of substance abuse and local resources. To be completed June 2008. (C) (Completed June 2008)
- 2.32 **NEW (FY 2008-09)** AAA staff will update the *Sonoma County Senior Resource Guide* and, with the assistance of Advisory Council members, distribute 30,000 2008 guides in Spanish and English in order to increase public knowledge about available resources. To be completed by June 2009. (PI)
- 2.33 **NEW (FY 2008-09)** AAA staff will collaborate with local agencies to identify disaster preparedness information that may appear in the 2009 *Senior Resource Guide*. To be completed by June 2009. (C)
- 2.34 **NEW (FY 2008-09)** Advisory Council members and AAA staff will participate in four community events to increase awareness of services for seniors, adults with disabilities, and their caregivers. To be completed by June 2009. (C)
- 2.35 **NEW (FY 2008-09)** The Making the Link Task Force will provide at least 15 presentations and information packets to health care professionals in Sonoma County to promote resources for caregivers. To be completed by June 2009. (C)
- 2.36 **NEW (FY 2008-09)** AAA staff will continue to promote and coordinate senior services by attending at least three Latino service providers meetings. To be completed by June 2009. (C)
- 2.37 **NEW (FY 2008-09)** AAA staff will continue to coordinate planning efforts to address the needs of seniors in southern Sonoma County by attending at least two meetings of South County Forum. To be completed by June 2009. (C)

- 2.38 **NEW (FY 2008-09)** AAA staff will continue to support the efforts of the county's substance abuse prevention efforts for seniors by attending a minimum of three meetings of the Substance Abuse Prevention Task Force. To be completed by June 2009. (C)
- 2.39 **NEW (FY 2008-09)** The Advisory Council and AAA staff will collaborate with the California Department of Aging to design an Adult Disability Resource Center (ADRC) that is consumer-centered with coordinated entry points into the long-term care and support system. To be completed by June 2009. (PD)
- 2.40 **NEW (FY 2008-09)** The AAA Advisory Council and AAA staff will collaborate with the local information and assistance centers to develop a 211 system that will be integrated with the Adult Disability Resource Center (ADRC). To be completed by June 2009. (PD)
- 2.41 **NEW (FY 2008-09)** AAA and Adult & Aging Division staff will collaborate with Partnership Health Plan, the new managed Medi-Cal provider, to ensure that senior and disabled Medi-Cal beneficiaries are educated about their options related to managed Medi-Cal. To be completed by June 2009. (C)

Goal #3: Increase Access to Home and Community-Based Services

Increase access to an effective system of home and community-based services for seniors, adults with disabilities, and caregivers through leadership, collaborative partnerships, training and advocacy.

Rationale:

The fall 2004 needs assessment results indicated a need for leadership and coordination to increase access to home and community-based services in Sonoma County.

The mandate of the AAA is one of overall leadership and, as such, the AAA will bring together a collaborative partnership of community agencies to promote an effective system of home and community-based services.

Following the mandate of the OAA, the AAA will take a visible and effective leadership role in advocating for policy decisions that affect seniors, adults with disabilities, and family caregivers.

The AAA will continue efforts to fill gaps in services and reduce duplication of services.

Objectives:

- 3.1 AAA staff will coordinate with Older Americans Act home-delivered meal programs and case management programs to determine feasibility of case managers providing initial assessment and annual reassessment to home-delivered meal program participants to increase clients' awareness about and participation in other senior programs. Projected start date FY 2005-06. To be completed by December 2005. (PD) *(Partially completed; case managers are providing initial assessment, June 2006.)*
- 3.2 AAA staff will meet with two departments at Sonoma State University to provide information on the Area Agency on Aging and initiate opportunities for collaboration. Projected start date FY 2005-06. To be completed by June 2006. (C) *(Completed September 2005)*
- 3.3 The Legislative Committee will advocate for the expansion of case management programs through letters to local legislators to meet the increasing need and to reduce the waiting list for MSSP and Linkages programs. Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Completed June 2006)*
- 3.4 AAA staff and Advisory Council members will participate in the planning process for the expansion of mental health services as a result of the passage of Proposition 63, the Mental Health Services Act (MHSA). Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Completed October 2005)*
- 3.5 AAA staff will coordinate three HICAP Coordinating Committee meetings which includes HICAP and four planning service areas (six counties). Projected start date FY 2005-06. To be completed by June 2006. (C) *(Completed May 2006)*

- 3.6 AAA staff will conduct a survey to contracted agencies to determine programming and outreach efforts to Older Americans Act targeted populations, analyze results of survey, and provide training to service providers on best practices as identified by survey and other research. Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Completed January 2006; provided training to Senior Center Directors)*
- 3.7 AAA staff will revise Linkages, Multipurpose Senior Services Program (MSSP) and Adult Protective Services vendor agreements for alignment with countywide agreement standards and expand number of vendors. Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Completed June 2006)*
- 3.8 AAA staff will attend and participate in four meetings of the statewide C4A workgroup to address the declining attendance at senior dining sites. Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Deleted)*
- 3.9 AAA staff, in coordination with the Planning and Funding Committee, will develop strategies and a timeline to prepare for the system impact resulting from the increased senior population in 2006 and beyond to plan future services. Projected start date FY 2005-06. To be completed by 2006. (PD) *(Partially completed; initial step to review funding policies and priorities, completed June 2006.)*
- 3.10 AAA staff, in coordination with Planning and Funding Committee, will review AAA funding priorities and develop funding priorities for the Request for Proposals (RFP) for FY 2007-2011. Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Completed June 2006)*
- 3.11 AAA staff will attend statewide meeting to coordinate and collaborate to increase active aging programs for seniors. To be completed by June 2006. (PD) *(Completed July 2005)*
- 3.12 **(FY 2005-06)** AAA staff will investigate, submit presentation/proposal and secure funding to focus on the promotion of active aging. To be completed by June 2006. (PD) *(Completed December 2005)*
- 3.13 **(FY 2005-06)** AAA staff and Elder Abuse Prevention Council will attend the “Call to Action” sponsored by the California District Attorney’s Office to plan for further elder abuse prevention programming. To be completed by June 2006. (PD) *(Completed November 2005)*
- 3.14 **(FY 2005-06)** AAA staff will participate in countywide meetings to begin to develop and integrate disaster plans for seniors, adults with disabilities, and their caregivers. To be completed by June 2006. (PD) *(Completed January 2006)*
- 3.15 **(FY 2005-06)** AAA staff will work closely with the Volunteer Center of Sonoma County, Sonoma State University, and Santa Rosa Junior College to recruit interns and volunteers to assist in the completion of Area Plan projects. To be completed by June 2006 (C) *(Completed June 2006)*
- 3.16 **(FY 2005-06)** AAA staff will collaborate with Santa Rosa Junior College’s Computer and Information Sciences class’ web design team to engage their

- assistance in the re-configuration of the AAA website to increase the awareness of services. To be completed by June 2006. (C) *(Completed June 2006)*
- 3.17 **(FY 2005-06)** AAA staff will provide technical assistance to case management contractors to enhance the development and/or revision of care plans. To be completed by June 2006. *(Completed February 2006)*
- 3.18 **(FY 2006-07)** AAA staff will convene a task force to develop a senior safety program that addresses fall prevention. To be completed by June 2007. (PD) *(Completed December 2006)*
- 3.19 **(DELETED FY 2007-08)** AAA staff will coordinate with the United Way staff to develop measurable outcome objectives for the Active Aging project. To be completed by June 2008. (PD) *(Unable to complete in FY 2006-07 and 2007-08 due to continuing staff program changes and changes at United Way.)*
- 3.20 **(FY 2006-07)** AAA staff will attend four meetings addressing disaster preparedness planning for the senior and disabled population. To be completed by June 2007. (C) *(Completed June 2007)*
- 3.21 **(FY 2006-07)** AAA staff will include AAA contractors in the disaster preparedness planning process by facilitating disaster preparedness planning discussions at a minimum of three service providers' and senior center directors' meetings. To be completed by June 2007. (PD) *(Completed, June 2007)*
- 3.22 **(FY 2006-07)** AAA staff will ensure that all contractors have developed a disaster preparedness plan and are aware of their responsibility in disaster preparedness response. To be completed by June 2008. (PD) *(Partially completed June 2008 with some agencies.)*
- 3.23 **(FY 2006-07)** AAA staff will facilitate three meetings with service providers funded through Title III B, C, D, E, VII B and the Linkages and HICAP programs to ensure efforts are being made to meet the changing needs of seniors. To be completed by June 2007. (C) *(Completed June 2007)*
- 3.24 **(FY 2006-07)** AAA staff will develop Request for Proposal (RFP) for Title IIIB, IIIC, IIID and III E and community-based services funds. To be completed by June 2007. (C) *(Completed January 2007)*
- 3.25 **(FY 2006-07)** AAA staff and appropriate senior safety task force members will attend an evidence-based fall prevention training, "A Matter of Balance." To be completed by June 2007. (C) *(Completed September 2006)*
- 3.26 **(FY 2006-07)** AAA staff will collaborate in the planning and implementation of an Alzheimer's conference for providers and family caregivers. To be completed by June 2007. (C) *(Completed March 2006)*
- 3.27 **(FY 2007-08)** Advisory Council members and AAA staff will continue implementation of the Step Wise Program by offering a minimum of seven Safe Steps presentations in the community. To be completed by June 2008. (PD) *(To be continued; unable to complete due to intern shortage)*

- 3.28 **(FY 2007-08)** Advisory Council members and AAA staff will continue oversight of the implementation of the Step Wise Program by offering a minimum of eight “A Matter of Balance “ classes in low income housing or dining sites and other locations where seniors congregate. To be completed by June 2008. (PD) *(Completed June 2008)*
- 3.29 **REVISED (FY 2008- 09)** AAA staff will collaborate with Sonoma County Department of Health Services’ employees to identify hospitalization data to assist in evaluating the effectiveness of the Step Wise Program. To be completed by June 2009. (PD) *(Delayed due to staffing shortages.)*
- 3.30 **(FY 2007- 08)** AAA staff will participate in a minimum of three countywide disaster preparedness planning meetings to further the agency’s goal of addressing the needs of vulnerable populations. To be completed by June 2008. (C) *(Completed June 2008)*
- 3.31 **(FY 2007- 08)** AAA staff will facilitate three meetings with service providers funded through Title III B, C, D, E, VII A B and the Linkages, Brownbag, Alzheimer’s Day Care Resource Center and HICAP programs to assist them in building capacity to meet the changing needs of seniors. To be completed by June 2008. *(Completed June 2008)*
- 3.32 **(FY 2007 - 08)** AAA staff will distribute Step Wise information through IIID Medication Management contractors. To be completed by June 2008. (C) *(Completed June 2008)*
- 3.33 **(FY 2007- 08)** AAA staff or Advisory Council member will attend at least three meetings of the United Way Senior Impact Team to coordinate and expand senior services in Sonoma County. To be completed by June 2008. (C) *(Completed June 2008)*
- 3.34 **(FY 2007- 08)** AAA staff or Advisory Council member will attend at least four meetings of the Santa Rosa Mayor’s Advisory Committee for the elderly and disabled to address issues of community based services, transportation and disaster preparedness. To be completed by June 2008. (C) *(Completed December 2007)*
- 3.35 **NEW (FY 2008-09)** Advisory Council, AAA staff and Step Wise Program will sponsor a minimum of eight “A Matter of Balance” classes in low income housing or dining sites and other locations where seniors congregate. To be completed by June 2009. (PI)
- 3.36 **NEW (FY 2008-09)** AAA staff will collaborate with community partners to expand the impact of the Step Wise Program by reaching the greatest risk populations. To be completed by June 2009. (PD)
- 3.37 **NEW (FY 2008-09)** AAA staff will distribute Step Wise information through IIID Medication Management contractors, through senior centers and other senior service providers. To be completed by June 2009.

- 3.38 **NEW (FY 2008-09)** AAA staff will collaborate with CDA and community partners to develop a sustainability plan for the Step Wise Program. To be completed June 2009 (PD)
- 3.39 **NEW (FY 2008-09)** AAA staff will participate in a minimum of three countywide disaster preparedness planning meetings to address the needs of vulnerable populations. To be completed by June 2009. (C)
- 3.40 **NEW (FY 2008-09)** AAA and Adult & Aging Division staff will collaborate with the local Department of Health Services to develop a plan for sheltering the medical/special needs populations in the event of a disaster. To be completed by June 2009 (C)
- 3.41 **NEW (FY 2008-09)** AAA staff will facilitate three meetings with service providers funded through Title III B, C, D, E, VII A and B, and the Linkages, Brownbag, Alzheimer's Day Care Resource Center and the HICAP programs to assist them in building their capacity to meet the changing needs of seniors. To be completed by June 2009.
- 3.42 **NEW (FY 2008-09)** AAA staff or Advisory Council member(s) will attend at least three meetings of the United Way Senior Impact Team to coordinate and expand senior services in Sonoma County. To be completed by June 2009. (C)
- 3.43 **NEW (FY 2008-09)** AAA staff and affected contractors will collaborate to identify measures to collect data required by the California Department of Aging's California Aging Reporting System (CARS). To be completed by June 2009. (PD)
- 3.44 **NEW (FY 2008-09)** AAA will train staff to input data required by the California Department of Aging's CARS. To be completed by June 2009. (PD)
- 3.45 **NEW (FY 2008-09)** The Legislative Committee of the Advisory Council and AAA staff will advocate for the implementation of the Assisted Living Waiver Pilot Project (ALWPP) in Sonoma County. To be completed by June 2009. (PD)
- 3.46 **NEW (FY 2008-09)** The Advisory Council and AAA staff will form a workgroup to determine how the needs of the lesbian/gay/bisexual/transgender senior population can be addressed. To be completed by June 2009. (PD)
- 3.47 **NEW (FY 2008-09)** The Advisory Council and AAA staff will form a workgroup to identify the growing needs of the baby boomer population. To be completed by June 2009. (PD)

Goal #4: Improve Access to Affordable Housing Options

Increase affordable housing options for Sonoma County seniors and adults with disabilities through advocacy.

Rationale:

Accessible and affordable housing for seniors and adults with disabilities has been identified as a need by seniors, disabled adults, and key informants in the fall 2004 needs assessment.

As people age, their housing needs change. There is a critical shortage of affordable housing options for seniors and disabled adults in Sonoma County.

Waiting lists for affordable housing continue to increase as the demand outpaces the supply and the senior population grows.

Objectives:

- 4.1 Planning and Funding Committee members will plan one presentation at an Advisory Council meeting on senior housing needs, options, and best practices to increase senior housing options. Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Completed March 30, 2006)*
- 4.2 Advisory Council members will attend two local public meetings related to affordable housing to advocate for increasing the supply of affordable housing for seniors and adults with disabilities in Sonoma County. Projected start date FY 2005-06. To be completed by June 2006. (PD) *(Completed December 2005 by attending one Continuum of Care and two subcommittee meetings)*
- 4.3 AAA staff will update Sonoma County Senior Housing Guide on AAA web site and distribute 50 copies of the guide to service providers. Projected start date FY 2005-06. To be completed by June 2006. (C) *(Completed April 2006)*
- 4.5 **(FY 2006-07)** Legislative Committee members will plan one presentation at an AAA Advisory Council meeting on the Assisted Living Waiver Pilot Project to expand the project statewide. Projected start date FY 2005-06. To be completed by June 2007. (PD) *(Completed January 2007)*
- 4.6 **(FY 2006-07)** Advisory Council members will provide information to local legislators and service providers on the Assisted Living Waiver Pilot Project. Projected start date FY 2005-06. To be completed by June 2007. (C) *(Completed June 2007)*
- 4.7 **(NEW FY 2007-08)** AAA staff will participate in the implementation of the "10 Year Homeless Action Plan" by attending a minimum of four meetings. To be completed by June 2008. (PD) *(Not completed due to staffing shortage)*
- 4.8 **(REVISED FY 2008- 09)** Advisory Council members and AAA staff will assist in the implementation of the "10 Year Homeless Action Plan" by assisting the Sonoma County Continuum of Care Workgroup to identify a standard set of services that homeless seniors might need in a permanent supportive housing setting. To be completed by June 2009. (PD) *(Not yet completed, will continue in 2008-09)*

- 4.9 **(FY 2007 – 08)** AAA staff will collaborate with the Sonoma County Department of Health Services to address the housing needs of an aging and disabled population by attending at least five meetings focusing on the “built community.” To be completed by June 2008. (C) *(Completed February 2008)*
- 4.10 **(FY 2007- 08)** AAA staff and the Advisory Council will co-sponsor a conference on the “built community” with the Sonoma County Department of Health Services. To be completed by October 31, 2008. (C) *(Completed November 2007, Healthy by Design conference)*
- 4.11 **NEW (FY 2008 - 09)** Advisory Council members and AAA staff will assist in the continued implementation of the “10 Year Homeless Action Plan” by assisting the Sonoma County Continuum of Care Workgroup to identify a standard set of services that homeless seniors might need in a permanent supportive housing setting. To be completed by June 2009. (PD)
- 4.12 **NEW (FY 2008-09)** AAA staff will continue to support the efforts of the Sonoma County Continuum of Care Workgroup’s efforts to end homelessness by providing technical assistance regarding issues relating to senior and disabled populations. To be completed by June 2009. (C)
- 4.13 **NEW (FY 2008-09)** AAA staff will collaborate with the Sonoma County Department of Health Services to address the housing needs of an aging and disabled population by attending at least five meetings of the Healthy by Design Committee, focusing on livable communities. To be completed by June 2009. (C)

Area Plan Summary and Conclusion

The Sonoma County Area Agency on Aging developed the 2005-09 Area Plan by addressing the issues identified in the fall 2004 needs assessment. The overriding factor impacting Sonoma County seniors is their rapid population growth, particularly in those over 85. That segment of the population is growing faster than any other age group.

The 2007-08 fiscal year has made strides towards addressing the needs of the fast-growing senior population by expanding access to transportation services in the outlying West County area. The Area Agency on Aging will continue to respond to this primary need identified through the 2004 planning process – transportation. AAA staff and its Advisory Council opted to fund a Volunteer Driver program with Title III B funds in the upcoming four-year funding cycle. The goal is to transport 400 seniors with 2,600 one-way trips to medical appointments, nutrition sites and community services in rural west county. The Transportation and Mobility Committee will continue working with community groups throughout the county to expand the reach of volunteer driver programs. AAA staff will continue to work with city and county transit and paratransit operators to ensure that the needs of elderly and disabled are addressed.

Awareness of services was identified as the second most important focus for the Area Agency on Aging. Distribution of the “Sonoma County Senior Resource Guide,” presentations to community groups and participation in numerous fairs, community access television programs and activities have proven to be effective strategies for informing community members and partners about senior issues and services.

In order to facilitate the independence of seniors and adults with disabilities, the AAA will continue to provide leadership to increase access to an effective system of home and community-based services, helping those individuals remain in their homes. The AAA continues to implement the Step Wise Program, a senior fall prevention program. Staff and their partners provide one-time presentations, “Safe Steps”, and the evidence-based series, “A Matter of Balance.” Staff is collaborating with the local junior college to determine how the “A Matter of Balance” series might become institutionalized through the academic setting. Staff has also collaborated with the vision-impaired community to assist in the development of a participant’s manual for their community. In addition, AAA staff attended the state’s summit on fall prevention to develop a statewide infrastructure to address the issue. Finally, the Step Wise Program was honored to receive the California State Association of Counties (CSAC) merit award.

Access to affordable housing was the fourth objective established in the *2005-09 Area Plan*. Sonoma County is a highly desirable area and is particularly attractive to those planning retirement. While the current housing market has created a glut of homes on the market, it is difficult for low-income individuals to secure a loan. Staff has collaborated with local agencies to end homelessness; one of the group’s strategies is to increase the number of supportive housing units for seniors.

The Sonoma County Area Agency on Aging staff is fortunate to work closely with an Advisory Council and community members that assist in the completion of the Area Plan objectives. Meetings are held monthly. Please contact the Sonoma County Area Agency on Aging at 707/565-5950 if you would like to participate.