

SECTION B – PLANNING AND SERVICE AREA PROFILE

B-1 Population Profile

Table 1:

According to 2000 Census data, there are 55,941 total people aged 60 and over in our PSA. Of these people, 27,671 live in rural areas and 25,512 are considered to be low income. 2,662 of our seniors are considered to be of minority racial or ethnic status, and of these, 42% are supported by an income that is below average. There are 54,981 adults who reported having a disability and 2,391 seniors who experience limited English proficiency. According to 2006 Population Estimates of the State of Washington Office of Financial Management, there are 571 Native American Elders in our PSA.

Characteristic	Lewis	Mason	Thurston	Total PSA
60 and over	13,900	10,826	31,215	55,941
Low income*	10,097	7,126	8,289	25,512
Minority	328	419	1,915	2,662
Low income minority	142	254	727	1,123
Disabled	13,865	9,018	32,098	54,981
LEP**	381	286	1,724	2,391
Rural***	7,936	10,775	8,960	27,671
Native American Elders	110	181	280	571
Native American Tribes -All 5 Tribes have OAA Title VI Programs	-Cowlitz	-Skokomish -Squaxin Island	-Chehalis -Nisqually	5

*Low income definition: Individuals or households supported by an income that is below average. Using the 2007 State Median Income (SMI) Chart as a guide, those falling below 50% of the SMI are considered low income. Due to the data available through the U.S. Census Bureau, those in Lewis and Mason Counties have incomes at or below \$24,999 and those in Thurston County have incomes at or below \$19,999.

**Statistics for Limited English Proficiency reflect only those persons age 65 and older.

***U.S. Census Bureau refers to “urban clusters” as a geography designation. Within our PSA, urban clusters with 20,000+ inhabitants are Centralia/Chehalis in Lewis County and Olympia/Lacey in Thurston County. Those residing outside of these urban clusters are considered “rural”.

Table 2 (Update):

According to the 2008 Population Estimates as posted on the State of Washington Office of Financial Management website, it is estimated that the total number of residents in our PSA age 60 and over has increased by 16,955 people (a 30% increase). It is estimated that Native American elders have increased by 103 people (an 18% increase). Estimates were not given for people identified as low income, minority, low income minority, disabled, LEP, or Rural.

2008 Population Estimates:

Characteristic	Lewis	Mason	Thurston	Total PSA
60 and over	17,105	13,912	41,878	72,896
Native American Elders	126	216	333	674

B-2 Target Population

Through outreach, services and advocacy, LMTAAA targets vulnerable adults with the greatest social and economic need, as well as minority and rural populations. Special efforts are made to ensure that programs are designed, located and offered in a manner responsive to individuals with special physical, mental, language and cultural needs.

Direct services such as Information and Assistance and Family Caregiver Support are continuously reaching individuals in targeted populations. LMTAAA Assistance Specialists regularly visit congregate meal sites, senior centers and Tribal centers offering information and assistance to seniors who gather at these sites. The Assistance Specialists also look for opportunities to participate in community events at which people in minority groups gather, such as the Washington Hispanic Festival in Centralia and Tribal health fairs. Assistance Specialists regularly meet with other service providers who serve seniors with social and economic needs, to share resources and provide information. The Family Caregiver Support Program specifically targets caregivers in all of the program's core service areas, including kinship support, providing outreach and assistance to minority populations, rural populations and individuals with high social and economic needs (see section C-1 Family Caregivers and Kinship Caregivers issue area). Additionally, LMTAAA has one bi-lingual Spanish-speaking employee and one bi-lingual Korean-speaking employee who are available as needed for translation and interpretation.

LMTAAA has developed relationships with several organizations that provide services and information to minority and limited English-speaking populations, such as the Vietnamese Senior Association of Olympia and Vicinity, and the Korean and Spanish speaking elders groups at the Lacey Senior Center. The AT&T Language Line and paid interpreter service contracts are in place to allow LMTAAA staff to communicate with non-English speaking clients. LMTAAA has also developed working relationships with all of the area's Tribes, as well as the South Puget Intertribal Planning Agency (see Section C-1, Older Native Americans issue area, as well as LMTAAA's 7.01 Plan). Through partnerships with these organizations, LMTAAA can better serve targeted populations and can become aware of the needs of these individuals.

Requests for Qualifications (RFQs) and Requests for Proposals (RFPs) developed by LMTAAA are publicly announced in newspapers in Lewis, Mason and Thurston Counties and specifically mailed to organizations that are identified as women or minority-owned.

Two of our region's three counties are considered rural. Extra efforts are made to provide all services to the outlying areas of our counties. LMTAAA has continued to provide a presence in the eastern, most rural part of Lewis County by staffing an office in the city of Morton and providing I&A and case management services to the rural communities in east county. The LMTAAA office in Shelton provides the same services to all parts of Mason County, which uniquely surrounds Hood Canal, causing geographic isolation in many parts of the county.

LMTAAA subcontracts with organizations that provide congregate and home-delivered meals to seniors who are geographically isolated, or are part of a minority community. There are meal sites in the rural communities of Belfair (Mason); Rochester and Tenino (Thurston); and Packwood, Morton, Winlock, Toledo and PeEll (Lewis) and an ethnic meal site in Olympia which caters specifically to our Vietnamese elders.

B-3 AAA Services

The Lewis-Mason-Thurston Area Agency on Aging (LMTAAA) provides services to all eligible individuals without regard to race; color; creed; national origin; religion; gender; age; marital status; Vietnam era or disabled veteran status; or the presence of any sensory, mental, or physical handicap.

Services provided by or through LMTAAA include:

Adult Day Care is provided to adults with disabilities who live in the community in order to delay or prevent the need for more costly and restrictive institutional care. Clients attend centers during the day to receive care designed to meet their physical, cognitive and emotional needs. Adult Day Care is not a medical service. Rather, it provides opportunities for socialization and stimulating activities. In many instances, it also enables the participants' family a much needed respite from their caregiving duties. This service is available in Thurston and Mason Counties.

Case Management provides in-depth assistance to frail persons with multiple needs who have significant social and health issues. Case Managers conduct comprehensive assessments with and on behalf of clients in order to develop and implement a care plan that enables the person to remain at home. Case Managers arrange for, authorize and coordinate formal and informal support services. They maintain regular contact with clients and their care providers to monitor the quality of the care plan. Documentation is maintained to establish eligibility for services. This service is available in Lewis, Mason and Thurston Counties.

Family Caregiver Support Program services include information, assistance, training, respite, counseling, and supplemental services for unpaid caregivers providing assistance to family members with long-term care needs, as well as grandparents or other relatives raising a child. These services are available in Lewis, Mason and Thurston Counties.

Health Promotion/Disease Prevention services are provided at a variety of community settings and are designed to assist older persons in the prevention of the onset of or adequately manage existing chronic diseases, promote good health habits, aid in ridding themselves of bad habits, and enhancing their lives and preventing premature institutionalization. Services are available in Lewis, Mason, and Thurston Counties.

The **Homecare Referral Registry** develops and maintains a listing of current qualified Individual Providers (IPs) that may be accessed by Medicaid clients with in-home personal care needs. This service is available to IPs and clients in Lewis, Mason, and Thurston Counties.

Information and Assistance (I&A) connects older people with the information and services they need or are interested in learning more about. Information is provided on

a one-on-one basis and can be provided over the phone or in person. The assistance provided includes information giving, service referral, advocacy and assistance, and helping with application processes. I&A also provides a gateway into the Case Management program for those requiring more intensive assistance. The I&A program links people to medical services, arranges for prescription drug coverage and supports a number of other specific activities that promote individual health and disease management. I&A staff additionally work in conjunction with the Statewide Health Insurance Benefit Advisors (SHIBA) staff and volunteers to provide Medicare Part D education and assistance with enrollment. These services are available in Lewis, Mason and Thurston Counties.

In-Home Care services support individuals who are unable to independently manage at least three or more activities of daily living (ADLs). In-home caregivers provide assistance with such things as locomotion, dressing, bathing, eating, toileting, transfers and medication management. Some household tasks may be available to those needing assistance with ADLs to maintain a safe and healthy environment. These services are available in Lewis, Mason and Thurston Counties.

The **Kinship Caregiver Support Program** provides emergency services for basic needs to grandparents and other relatives raising children, who are at or below 200% of the Federal Poverty Level. Needs are identified and goods and services are paid for directly by the provider. Families can only be served once per year for a maximum of \$1,000 in goods or services. This service is available in Lewis, Mason and Thurston Counties.

The **Kinship Navigator Program** provides assistance to grandparents and other relatives raising children in understanding and navigating the system of services for children living with relatives. The program helps locate support services for the kinship caregiver, connects families with community resources, and prevents children from entering foster care. This service is available in Lewis, Mason, and Thurston Counties.

Legal Services assist older persons in advocating for their rights, benefits and entitlements. Services range from advice and drafting of simple legal documents to representation in complex litigation on non-criminal and non-fee generating cases. Cases may be taken on individually or may be as part of a class action lawsuit. Other legal service activities include professional consultation and disseminating information about legal issues to older persons, service groups and bar associations through lectures, group discussions and the media. These services are available in Lewis, Mason and Thurston Counties.

The **Long Term Care Ombudsman Program** recruits and trains volunteers who are assigned to long term care residential facilities to protect resident rights and advocate on behalf of the residents. The Long Term Care Ombudsman Program helps to investigate and resolve problems that affect an individual or groups of residents and can promote legislative and/or administrative changes that improve the quality of life for

persons living in long term care facilities. This service is available in Lewis, Mason and Thurston Counties.

Medicaid Waiver Services include services such as Environmental Accessibility Adaptations, Personal Emergency Response Systems, Adult Day Care, Recipient Training, Skilled Nursing and Home Delivered Meals. These additional options offer expanded services to COPES clients to enhance their personal care services. These services are available in Lewis, Mason and Thurston Counties. An RFQ for all Medicaid Waiver Services was released in September 2009.

Medicare Improvements for Providers and Patients Act (MIPPA) provides funding to help older people, individuals with disabilities, and their caregivers apply for special assistance through Medicare. This funding provides valuable support at the local level by assisting people who are likely to be eligible for the Low-Income Subsidy program, Medicare Savings Program, and Medicare Part D Prescription Drug Program, to apply for benefits. It also targets rural areas and Native Americans. This service is available in Lewis, Mason, and Thurston Counties.

Medication Management and Support includes activities, information and referrals designed to link older people with affordable prescription drugs, find and use discount drug programs, provide forums to address utilization and produce and distribute education materials. This service is available in Lewis, Mason and Thurston Counties.

Nurse Consultation is aimed at the high-risk older person or disabled adult who is medically unstable and referred by a Case Manager to coordinate their health care and provide consultation to support the care plan. The individual's special needs or circumstances determine the frequency and amount of service. This service is available in Lewis, Mason and Thurston Counties.

Nutrition Services are provided to help meet the dietary needs of older persons who may be nutritionally at risk by providing nutritionally sound and satisfying meals in both Congregate and Home-Delivered settings. Congregate meals are served on various days at fifteen sites throughout the region, while the Home-Delivered meals are provided to those individuals who are homebound and unable to prepare meals for themselves. These services are intended to maintain or improve the health status of individuals, support their independence, prevent premature institutionalization and allow earlier discharge from hospitals and residential care facilities. Additional services include nutrition education. These services are available in Lewis, Mason and Thurston Counties.

Respite Care services provide relief for families or other caregivers by providing time away from the responsibilities of ongoing care to a disabled adult. Respite care can be provided in the home or in a community setting such as a nursing facility or an adult day care program. The care can range from companionship and supervision to personal care services to the skills of a Registered Nurse. This service is available in Lewis, Mason and Thurston Counties.

Senior Drug Education services provide workshops and presentations to educate the senior population on drug issues, using volunteer community resources, such as pharmacists, ARNPs, RNs, etc. These services are available in Lewis, Mason, and Thurston Counties.

The **Senior Farmers Market Nutrition Program (SFMNP)** provides fresh produce to older persons with an income at or below 185% of Federal Poverty Level. SFMNP checks, valued at \$40, are distributed on a first come/first serve basis to eligible participants. SFMNP checks are redeemable at authorized farmers market for the purchase of fresh fruits and vegetables. This service is available in Lewis, Mason and Thurston Counties.

Transportation is provided to medical, social services, adult day care, essential errands and nutrition sites for elderly persons who do not have alternative ways to access these types of community services. Personal assistance for those with limited physical mobility may be provided. This service is available in Lewis, Mason and Thurston Counties.

B-4 Non-AAA Services

This chart should not be considered an all-inclusive listing of services in Lewis, Mason and Thurston Counties. It is meant to give an overview of the types of services and organizations available, by county, for older people, disabled adults, and their families/caregivers that are *not* funded through LMTAAA.

SERVICE	LEWIS	MASON	THURSTON
Adult Day Care	X	X	
Alzheimer's Support Groups	X	X	X
Case Management	X	X	X
Crisis Intervention Hotlines	X	X	X
Dental Clinics	X	X	X
Developmental Disabilities Services	X	X	X
Dispute Resolution Services	X	X	X
Education and Counseling Programs	X	X	X
Elder Abuse	X	X	X
Elder Programs through Tribal Government	X	X	X
Employment Services	X	X	X
Energy Assistance	X	X	X
Fall Prevention	X		X
Financial Planning /Management	X	X	X
Food Banks	X	X	X
Guardianship Services	X	X	X
Health Fairs	X	X	X
Healthy Aging Partners	X	X	X
Homeless Programs	X	X	X
Home Health Care	X	X	X
Hospitals/Medical Clinics	X	X	X
Housing Services	X	X	X
Information and Referral/Assistance Programs	X	X	X
Insurance Counseling	X	X	X
Legal Assistance	X	X	X
Medical Equipment Banks	X	X	X

SERVICE	LEWIS	MASON	THURSTON
Mental Health Services	X	X	X
Minority Services and Services for LEP	X	X	X
Older Gay/Lesbian Services			X
Personal Emergency Response Systems	X	X	X
Senior Centers	X	X	X
Senior Fitness & Social Programs	X	X	X
Senior Specific Newspapers	X	X	X
Substance Abuse Services	X	X	X
Support/Issue Groups	X	X	X
Transportation	X	X	X
Veterans Services	X	X	X
Volunteer Chore Services	X	X	X