2013-2016
Area Plan
Executive Summary

Senior & Disabled Services
A Division of Lane Council of Governments
Area Agency on Aging and Disability Services Lane County

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Introduction

In accordance with Federal and State policy, Senior & Disabled Services is required to develop a comprehensive and coordinated service delivery system to meet the needs of older adults in Lane County. A major step in the development of a comprehensive and coordinated system is the development of an Area Plan on Aging Services. S&DS is responsible for preparing a multi-year Area Plan, with annual updates, which identifies and prioritizes the needs of seniors, and specifies which services will be provided to meet those needs. The Area Plan is based upon the 2011 Community Needs Assessment, completed by the Lane Council of Governments, Senior & Disabled Services.

Mission:
Our mission is to advocate for seniors and persons with disabilities and provide to them quality services and information that promote dignity, independence, and choice.

Strategic Areas of Focus:
1. Family Caregivers
2. Aging & Disability Resource Connection/Senior Connections
3. Elder Rights & Legal Assistance
4. Health Promotion
5. Older Native Americans
6. Nutrition Services
7. Creating Livable Communities
8. Financial Security

Source: Profile of Older Americans: 2010

Number of Persons 65+ in the United States 1900 - 2030 (number in millions)

<table>
<thead>
<tr>
<th>Year (as of July 1)</th>
<th>Number of Persons 65+ in millions</th>
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<tbody>
<tr>
<td>2000</td>
<td>31.2</td>
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<tr>
<td>2010</td>
<td>40.2</td>
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<tr>
<td>2020</td>
<td>54.8</td>
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<tr>
<td>2030</td>
<td>72.1</td>
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Family Caregiver Support Program

Goal: Explore mechanisms to reach under-served populations.

Objective 1: Improve access to the Family Caregiver Support Program (FCSP) by conducting outreach, public awareness and services to limited English speaking and ethnic caregivers, including Native Americans.

Objective 2: Improve access to FCSP by conducting outreach and public awareness to non-traditional family members such as LGBT caregivers.

Objective 3: Improve access to FCSP by conducting outreach and public awareness to grandparents raising grandchildren.

Problem/Needs Statement: The demand for long-term care services is expected to surge in coming decades when baby boomers reach their 80’s. Declining family sizes, increasing childlessness, and rising divorce rates will limit the number of family caregivers. Rising female employment rates may further reduce the availability of family care, increasing the need for paid home care.

2011 Community Needs Assessment Profile: The traditional archetype of a white, middle class, “nuclear family” still holds its holds true across much of America, it now accounts for less than 25 percent of the nation's households.

- 4.2% of Lane County seniors identify themselves with a minority community. This is expected to rise dramatically over the next decade.
- An estimated 3.5% of Lane County seniors identify themselves as lesbian, gay, bi-sexual, or transgender (LGBT). 65% of those live alone and an estimated 90% have no children to assist them as they age.
- 12.7% of grandparents are raising grandchildren.
- 44% of unpaid caregiving is provided by a spouse. 21% is provided by an adult female child.
Aging & Disability Resource Connection

2011 Community Needs Assessment Profile: The aging population is expected to grow significantly over the next 20 years. This population shift means that we must rethink the current service delivery systems model. The older population is not only greater in numbers; they also have different expectations in service delivery.

- Between 2010-2030, the white population 65+ is projected to increase by 59% compared with an expected increase of 160% for older minorities. (Administration on Aging, Profile of Older Americans.)
- 70% of people age 65 or older will need long term care services at some point in their lifetime.
- 40% of people currently receiving long term care services are ages 18 to 64.
- www.ADRCofOregon.org

Problem/Needs Statement: The current lack of sustainable funding creates a huge barrier for expansion and future program growth. This creates many challenges in planning to meet the needs of the ever growing senior & disabled population. Long term goals and financial feasibility will need to be taken into consideration in development for future services once the grant cycle is complete.

Goal: Work towards becoming a sustainable, fully functional, Aging & Disability Resource Connection (ADRC)

Objective 1: Promote and encourage the use of ADRC services to enable older adults and adults with disabilities to continue to live safely and independently in their community.
Objective 2: Development of a fully functional, data rich resource database.
Elder Rights and Legal Assistance

2011 Community Needs Assessment
Profile: Adult abuse is hidden. It is a crime that thrives in silence. Adult abuse exists in every community and every neighborhood, rich and poor. Adult children and grandchildren are often abusers.

- For every case of abuse reported, statistics say that as many as six cases go unreported.
- In FY 2011-12 Adult Protective Services received 2,699 calls with allegations of abuse.
- 28% of the allegations were for financial exploitation.
- Elder abuse tends to take place where the senior lives. The most common abusers are family members.

Problem/Needs Statement: Over the past 5 years the reports of abuse have been on the rise. Of special concern is the number of reports of financial abuse. Financial abuse cases are complicated and cumbersome to investigate. S&DS lacks adequate staff resources to investigate the magnitude of reports. Local legal authorities (District Attorney & police) depend on Adult Protective Services to present comprehensive reports to enable them to prosecute cases. We need to do additional work to educate the consumer on how to prevent themselves from becoming a victim of financial fraud.

Goal: The prevention of adult abuse through participation in community-wide networks that are dedicated to promoting awareness, prevention and response to senior abuse in Lane County through advocacy, education and collaboration

Objective 1: Dedicated participation in coordinated systems to respond and to prevent elder abuse.
Objective 2: Outreach and public education of abuse prevention and understanding the warning signs of abuse.
Objective 3: Coordination of the “No Excuse for Adult Abuse” conference.
Health Promotion

Social Determinates of Health

2011 Community Needs Assessment Profile: Research indicates that only 10% of a person’s overall health is impacted by the delivery of medical care. Lifestyle and behavior account for a whopping 40% of a person’s overall health.

- People who smoke or drink more than three alcoholic beverages per day are twice as likely to visit the Emergency Room or Urgent Care.
- 35% of people who visited the Emergency Room or Urgent Care within the last 90 days stated they exercised less than twice per week.
- 45% do not eat 3 servings of fruits or vegetables a day

Problem/Needs Statement: Escalating health care costs and limited State revenue demands a change in how healthcare is administered. There is a critical need to reach older adults with limited income and resources to ensure their health and well-being improves to promote healthy lifestyles and increase their quality of life.

Goal: Pursue partnerships with other organizations and agencies to combine efforts towards common objectives to improve services for seniors and people with disabilities. This includes researching the potential blending of funds and services and integrating physical health, mental health and social service interventions to provide improved health outcomes and increased independence.

Objective 1: Promote and further develop care transitions work, partnering with healthcare and seeking to find sustainable systems and funding sources.
Objective 2: Establish information sharing agreements and processes with health care providers, specifically the Coordinated Care Organization.
Objective 3: Greater collaboration and communication with Person-Centered Primary Care Medical Homes (PCPCMH).
Objective 4: Promote volunteerism as a means to achieve improved health.
**Problem/Needs Statement:** Native American elders have historically been underserved by the traditional community service system. Developing new, culturally appropriate methods of connecting them to needed services is called for in order to increase their access to the service system.

**Goal:** Increase outreach and education to individuals enrolled as Tribal Elders.

**Objective 1:** Continue to participate in the Oregon Native American Family Caregiver Conference

**Objective 2:** Increase Tribal members awareness and utilization of LTC services.

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**2011 Community Needs Assessment**

**Profile:** There are over 2,000 Lane County seniors (60+) that identify themselves as Native American Indians. Only 78 of those individuals are enrolled with one of the local tribes. There are currently four Native American Tribes with elders living in Lane County. All four tribes receive Title VI funding. These funds are used to create services for tribal elders. Current programs include socialization activities, nutrition services, in-home services, caregiver services, and financial benefit referral services to other local and Tribal resources.

- Coquille Indian Tribe – 3 members
- Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians – 31 members
- Cow Creek Band of Umpqua Tribe of Indians - 1 member
- The Siletz Indian Tribe – 44 members

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**Health Disparities**

[Graph showing disparities in health outcomes for Native American/Alaska Natives compared to All other Races.]

2005 Census
Per 100,000 population
Goal: Reduce nutritional risk and food insecurity and improve participants quality of life by providing meals, supportive services, and social interactions.

Objective 1: Offer Congregate Meals at Café 60 Dining Rooms
Objective 2: Provide Meals on Wheels Services to homebound elders who are unable to provide their own nutritious diet
Objective 3: Promote better health through Nutrition Education

2011 Community Needs Assessment Profile: A healthy diet supports active aging; however, many seniors in Lane County face multiple barriers in obtaining a well-balanced meal. Barriers include the cost of fresh fruits and vegetables, inability to get out of the house to purchase groceries on a regular basis and needing assistance in preparing meals. A nutritious diet is the foundation of good health.

- 56% reported not having enough money for basic needs
- 45% do not eat 3 servings of fruits or vegetables a day
- 19% do not have enough money to buy the food they need.
- 23% have gained or lost 10 pounds without wanting to
- 20% need assistance preparing meals
- 27% of homebound seniors have no one who checks in on them regularly.

Problem/Needs Statement: Over the past few years the costs associated with providing nutrition services have steadily increased. Concurrently, the demand for home delivered meals has also increased, without additional State or Federal funding. There has actually been a steady decline in government support. The Senior Meals Program is a vital program for over 2,000 seniors in 9 local Lane County communities.
**Livable Communities**

**2011 Community Needs Assessment**

**Profile:** Maximizing independence for vulnerable populations including the aging and disabled community is vital to the health of Lane County. The community should provide accessible and affordable transportation, adequate in-home services, and appropriate safe and affordable housing.

- 30% of all seniors surveyed reported having a housing cost burden.
- 17% reported they could benefit from some type of in-home assistance.
- 34% of respondents reported being unable to drive. Of those respondents:
  - 59% live alone.
  - 15% fewer trips to the doctor
  - 65% fewer trips for social, family and religious activities.
  - 59% fewer shopping trips

**Problem/Needs Statement:** The majority of adults prefer to stay in their communities as they age. Only a small percentage move to warmer climates and fewer than 5% of the over 65 population reside in nursing homes. Although most residents want to age in place, they confront many barriers to remaining active and engaged in their communities. The most common barriers include: lack of affordable/appropriate housing, inadequate mobility options, limited access/knowledge about health and supportive services.

**Goal:** Build on the 2011 S&DS Needs Assessment to research links between healthcare usage and access to services, including transportation and other social service supports. Propose changes to current models to address the aging demographics and limited resources.

Objective 1: Collaborate with local government agencies to identify gaps and duplication of services and to build a stronger data model that helps create linkages between healthcare, housing, transportation and economic development.

Objective 2: Participate in planning and investment strategies with AARP to initiate Livable Communities in Lane County
Financial Security

2011 Needs Assessment
Seniors Living in Poverty

2011 Community Needs Assessment
Profile: According to a report on Long-Term Care by DHS, only about a third of people over 65 have enough resources to pay for a year of nursing facility care. About a third has such limited resources that they can barely afford three months of home care. Many seniors believe that their retirement can be financed through Social Security, and learn the hard way that they did not adequately plan ahead.

- 8% would like to retire but do not have enough in savings.
- 22% would like to work, but are not physically able.
- 15% reported having difficulties keeping track of bills.
- 77% reported having less than 6 months of living expenses in savings.
- Women were more likely than men to live in poverty and not have 6 months of living expenses in savings.

Problem/Needs Statement: According to the 2011 Community Needs Assessment, the most financially vulnerable population is between the ages of 60-64. This group is more likely to live in poverty, report having a housing cost burden, would like to retire, but lack the financial resources and report having less than 6 months’ worth of living expenses in savings.

Goal: Increase financial stability of seniors and adults with disabilities through education and outreach.

Objective 1: Provide outreach services to low income seniors and people with disabilities regarding available benefits and services.
Objective 2: Increase access to the Money Management program.
Address comments or questions about the Area Plan To:

Lane Council of Governments
Senior & Disabled Services
Lane County
(541) 682-4038
FAX: (541) 3959
TTY: (541) 682-4567
www.SDSLane.org

For Information about Services Contact:

Eugene Office:
1015 Willamette Street
Eugene, OR 97401
Tel: 541-682-4038—Fax 541-682-2484

Cottage Grove Office:
37 N. Sixth
Cottage Grove, OR 97424
Tel: 541-682-7800—Fax 541-682-7820

Florence Office:
3180 Highway 101
Florence, OR 97439
Tel: 541-902-9430 – Fax 541-902-2115

Additional Senior Connections Program Area Coordinators are located in the following three communities: Junction City, Oakridge, and Veneta.

Junction City Office:
Viking Sal Senior Center
245 W. 5th St.
Junction City, OR 97448
Tel: 541-998-8445

Oakridge Office:
Willamette Activity Center
47674 School St. Room 10
Oakridge, OR 97463
Tel: 541-782-4726

Veneta Office:
Garcia Service Center
88149 Territorial Rd.
Veneta, OR 97487
Tel: 541-935-2262