

Choices in Living

**The programs & services of the
Division of Aging and Adult Services**



2011 Annual Report

Division of Aging & Adult Services Snapshot

The Division of Aging and Adult Services (DAAS) was established in 1977 and currently serves more than **114,000** individuals annually with a budget of about **\$50 million** and about **200** staff members.

Through a network of more than **100** local service providers, **8** Area Agencies on Aging and **187** senior citizen centers, many long-term care services are provided to elderly Arkansans and individuals with physical disabilities. These services enhance the quality of life and promote independence among these individuals.

Despite the current economy, during SFY 2011, DAAS's program expenses grew by **8%**. This growth was mainly in demonstration services for the Money Follows the Person Grant, which transitions nursing home residents back into the community.

| DAAS Positions SFY 2012 | | | | |
|----------------------------|-------|--------|--------|----------|
| | Total | Filled | Vacant | % Filled |
| Regular Positions | 205 | 187 | 18 | 91% |
| Central Office Staff | 81 | 71 | 10 | 88% |
| Field Staff | 124 | 116 | 8 | 94% |

| DAAS Funding SFY 2012 | | | |
|---------------------------------------|-----------------------|-----------------|---------------|
| | State General Revenue | Federal Dollars | Other Sources |
| Total | \$17,391,126 | \$29,708,436 | \$2,525,000 |
| Administration & Special Projects | \$1,397,718 | \$553,135 | |
| Transfers to Other Divisions | \$32,582 | | |
| Subgrants to AAAs & Service Providers | \$10,982,691 | | |
| Older Americans Act Admin | \$175,515 | \$627,254 | |
| Adult Protective Services | \$2,386,744 | \$795,582 | |
| Home & Community Based Services | \$2,076,183 | \$4,247,612 | |
| Public Guardianship | \$218,892 | | |
| Federal Grants | \$120,801 | \$23,484,853 | |
| Meals on Wheels | | | \$2,400,000 |
| State Income Tax Check Off | | | \$12,500 |
| In God We Trust License Plates | | | \$70,000 |
| Miscellaneous Other Funding | | | \$42,500 |

Promoting Positive Aging

Evidence-Based Health Promotion Programs

DAAS offers three evidence-based health promotion programs through the Area Agencies on Aging (AAA):

Active Living Every Day (ALED) is a 20-week, self-paced course to help people with sedentary lifestyles become and stay physically active. ALED focuses on behavior modification. There is also an approved 12 week course.

Be Well – Live Well Stanford Chronic Disease Self-Management Program (CDSMP) is a 6-week, 2.5 hours per week class designed to help individuals manage chronic conditions. CDSMP has a wide range of activities and skill building exercises that help participants learn to communicate with their medical providers, make better food choices, create action plans and get more active. CDSMP is also available in Spanish. About **600** older Arkansans have completed this statewide program.

Matter of Balance (MOB) teaches practical coping strategies to reduce the fear of falling. This group-based course is led by trained lay leaders over eight two-hour sessions.

Arkansas Senior Olympic Games

The annual Arkansas Senior Olympic Games was organized in 1983 to promote physical fitness, good health and excellence among Arkansas age 50 and older through competition in athletics, recreation and education. In 2011, 45- to 49-year-olds were invited to participate. The 2011 games attracted more than **500** participants.

The senior olympics is sponsored by the Senior Arkansas Sports Organization, Inc., which also holds an annual three-on-three basketball tournament, called Nothin' But Net, and a national qualifying softball tournament.



Ms. Senior Arkansas Pageant

The purpose of the Ms. Senior Arkansas Pageant is to develop, foster and promote programs and activities that dispel the myths of aging by enhancing the lives of seniors by providing them the opportunities to grow mentally, physically and spiritually. Each year, Ms. Senior Arkansas travels throughout the state to promote senior active lifestyles, appearing and performing at senior and care centers, nursing homes, hospitals and schools. During intermission at each year's show, entertainment is provided by area seniors. The 2011 Ms. Senior Arkansas is **Foye Jean Shankle** of Hartford (right).



Choices in Living Resource Center

The Choices in Living Resource Center provides information and assistance to connect individuals with long-term care services and supports, such as Options Counseling, in-home services, Medicaid, support groups, home modifications, disability resources, family caregiver assistance, assistive technology and how to apply for services. Information and referral are directed to seniors, caregivers and people with disabilities.

The Resource Center's toll-free number is 1-866-801-3435.

Caller Satisfaction

In a recent survey, **94%** of Resource Center callers reported their overall satisfaction with their experience as good or very good.

The survey also showed:

- **95%** would call the center again
- **100%** would tell others about the center
- **100%** were treated with respect by center staff
- **95%** said center staff could answer their questions

Program Challenges

- Marketing to the public is limited due to lack of funds and staff.
- Calls to the Resource Center continue to increase.
- Additional responsibilities and programs added to the Resource Center without additional staff result in callers becoming frustrated while waiting for assistance.

Number of Individual Contacts to the Resource Center



Money Follows the Person

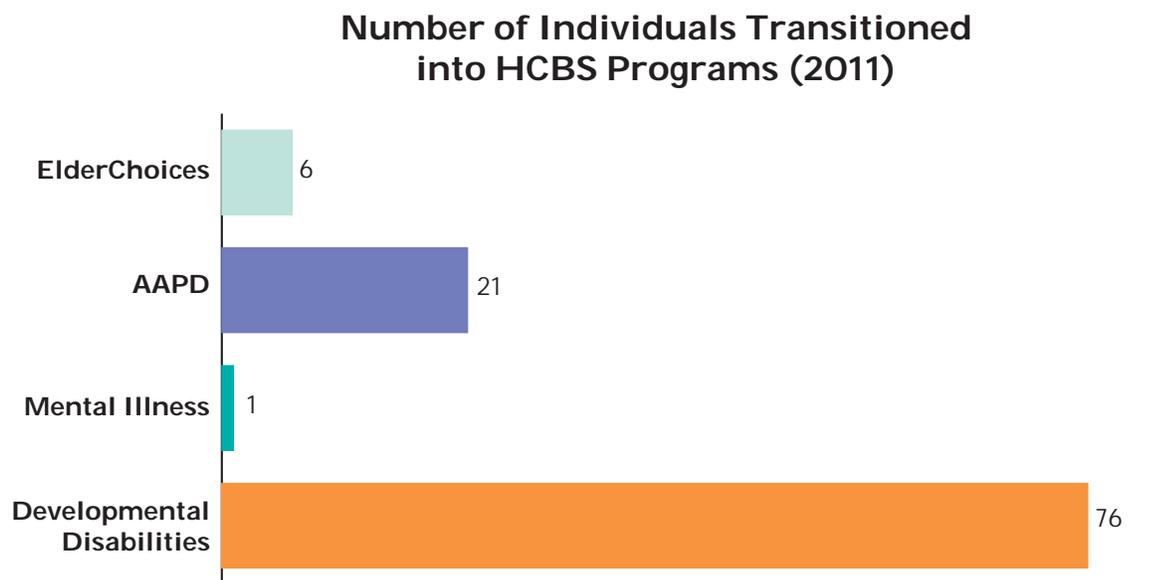
Money Follows the Person (MFP) is a federal initiative that helps states reduce reliance on institutional care for people with long-term care needs and expands the options for the elderly and individuals with physical disabilities so they can receive care in the community. To be eligible, individuals must have a 90-day consecutive stay in a qualified institution and receive Medicaid. MFP covers approved expenses, such as furniture, intense transition management prior to transition, goods and services, rental and utility deposits, physical and occupational therapies, and other services and supports not traditionally covered by Medicaid. This assistance lasts 365 days and is for transition only.

Those who transition are enrolled into an existing home and community-based services program that offers the services and supports to best meet the individual's long-term care needs.

102 individuals were transitioned out of institutions in 2011.

MFP Funds

MFP was initially authorized for up to **\$1.75 billion** in federal funds through fiscal year 2011. It was extended through Sept. 30, 2016, with additional appropriation of **\$450 million** for each fiscal year 2012-2016.



Program Challenges

- The shortage of accessible and affordable housing in the community delays one's ability to move out of an institutional setting.
- Shortages in providers in certain areas of the state also make transitioning difficult.