

AREA AGENCY ON AGING

of Northwest Michigan

2018 Annual Report

For Fiscal Year October 1, 2017—September 30, 2018

Just recently, a summary of demographic trends and community needs associated with the older adult population was presented to the AAANM Board of Directors. The information stirred a deep pause within me as I listened. You see, I won't tell you how old I am, but I am retiring September 30, 2019. I've spent my career serving and advocating for the needs of older adults and adults with disabilities. This work is part of my soul. But as I looked at the data this time around, I realized that I am part of the statistics that were shared with the Board.

Northwest Michigan is a retirement destination. It is estimated that in 2021, every one in three people will be over the age of 60 in the ten county region. By 2024, the youngest Baby Boomer will turn 60 years of age! The entire Baby Boomer bubble will be age eligible for support under the Older Americans Act and local senior millages.

Equally important, in 2021, the oldest Baby Boomers will turn 75. This is a noteworthy statistic because it is around this age that many older adults begin to experience health complications that impede their ability to live independently on their own. Extra support is needed – maybe just some help getting to doctor appointments or cleaning the house or preparing meals. Others have more intensive long term support needs – help with dressing and bathing and assistance with mobility.

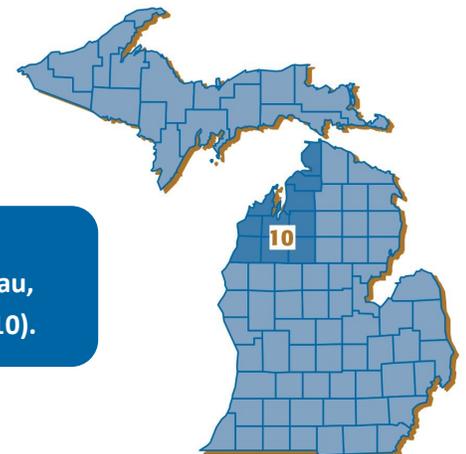
All individuals, whether two or ninety-two, desire health and independence. And I know from my many years here at AAANM that as individuals enter their wise and mature older years, maintaining health and independence has its challenges. With proactive planning and with family, community or in-home support when needed and appropriate – maintaining health and independence can and does happen! And from my tenure here at AAANM, I know that many others are not as fortunate. The support that could have made all the difference, for one reason or another, does not happen. There is a predictable pattern of decline in health and loss of independence.

As I prepare for my own retirement I am left pondering – how do we ensure there are adequate supports and services for those who currently need it - and the increasing need with the coming decade?



Robert Schlueter
Executive Director,
AAANM

An Area Agency on Aging serving Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford counties (Region 10).



AREA AGENCY ON AGING OF NORTHWEST MICHIGAN

(AAANM) is a private, non-profit corporation, designated as an Area Agency on Aging in 1974 by the Michigan Aging and Adult Services (AASA).

As one of more than 670 Area Agencies on Aging nationwide, AAANM is responsible for developing, managing and funding a comprehensive system of services for older adults in ten counties of northwestern lower Michigan.

DIRECT SERVICES

	Units	Clients
Creating Confident Caregivers Program (hours)	862	93
Elder Abuse Prevention (hours)	81	n/a
Information and Assistance (contacts)	2,039	n/a
Long-Term Care Ombudsman (contacts)	n/a	49
Medicare / Medicaid Assistance Program (contacts)	6,816	n/a
Personal Action Toward Health Program (hours)	1,519	157
A Matter of Balance (hours)	490	50

The mission of AAANM is to **SERVE AND ADVOCATE** for older persons, adults with disabilities and caregivers by supporting their **INDEPENDENCE, DIGNITY and QUALITY OF LIFE.**

CONTRACTED SERVICES

	Units	Clients
Adult Day Health (hours)	3,518	28
Adult Day Transportation (trips)	1,927	23
Kinship Caregiver Supplemental Services	n/a	15
Congregate Meals (meals)	162,311	6,842
Home Delivered Meals (meals)	349,293	2,302
Legal Assistance (hours)	601	156

AAANM contracts Federal Older Americans Act and State Older Michigianians Act funding to organizations serving Region 10. The following organizations received contracted funding in FY2018:

Antrim County Commission on Aging

Kalkaska County Commission on Aging

Benzie Senior Resources

Legal Services of Northern Michigan

Charlevoix County Commission on Aging

Northwest Michigan Community Action Agency

Child & Family Services of Northwestern Michigan

McLaren Adult Day

Friendship Centers of Emmet County

Wexford County Council on Aging

CARE CONNECTIONS

Care Connections is a program that offers individuals the supports they need to remain living in the community. Support Coordinators (nurses and social workers) help individuals understand and access the care options available to them.



Care Management Services	391	people
Caregiver Respite Services	4	people
MI Choice Waiver Services	481	people
Nursing Home Transition Services	69	people
Veterans Services	3	people

PURCHASED SERVICES

	Care Management	MI Choice Waiver
Adult Day Health (hours)	1,655	1,163
Community Living Supports (hours)	n/a	419,227
Home Delivered Meals (meals)	n/a	24,079
Homemaking (hours)	15,131	n/a
Personal Care (hours)	15,398	n/a
Personal Emergency Response Systems (clients)	151	187
Private Duty Nursing / Training (hours)	2,118	14,563
Respite Care (hours)	10,323	1,021
Transportation (clients)	123	262

CARE MANAGEMENT - Guides adults 60 years and older who have long term care needs to resources that help support care in the community.

MI CHOICE WAIVER - Coordinates a plan that supports adults 18 years and older who are eligible to have Medicaid pay for their long term care in a community setting.

NURSING HOME TRANSITION SERVICES - Assists Medicaid eligible adults to develop a plan for returning to community living.

To view client testimonial videos for Care Management, MI Choice Waiver or Nursing Home Transition Services, or to view a video about Creating Confident Caregivers and Personal Action Toward Health (PATH), please visit www.aaanm.org.

Area Agency on Aging of Northwest Michigan
1609 Park Drive, PO Box 5946, Traverse City, Michigan 49696-5946
231.947.8920 - 1.800.442.1713

FY2018 Highlights

In early FY2018, AAANM received a grant from the Michigan Health Endowment Fund to improve integration of care coordination between healthcare providers and long term supports and services (like AAANM) for persons with dementia and their primary caregiver. After significant planning with primary care physicians and Neurologists, a caregiver support program pilot was launched.

The goals of the caregiver support program are to 1) assist caregivers with immediate concerns and needs, and 2) improve the flow of information between AAANM, the physician caring for the person with dementia and the physician caring for the caregiver. It is well established that caregivers of persons with dementia often pass away first due to health complications associated with the stress and burden of caregiving.

As part of the pilot, AAANM also increased the availability of Creating Confident Caregivers, a six week education workshop for caregivers of persons with cognitive impairments. The workshop helps caregivers understand what to expect during the different stages of dementia, how to care for the individual during each stage, and stresses the importance of self-care for the caregiver. Evaluation studies indicate that participation in a Creating Confident Caregivers workshop statistically reduces caregiver stress and burden, and hospitalization rates for persons with dementia.

The grant will continue through October 2020. During this time, AAANM will be identifying opportunities to strengthen support for persons with dementia and caregivers in northwest Michigan.

To find out more about how AAANM supports persons with dementia and caregivers, please contact AAANM at 231-947-8920.

FY2018 Audited Financial Summary

EXPENSES	Dollars
Community Services	\$1,313,532
MI Choice Waiver	\$10,032,566
Home Delivered Meals	\$975,929
Congregate Meals	\$647,997
Care Management Support	\$530,848
Administration/Support/Planning	\$309,184
Other (in house programs)	\$263,498
Program Development	\$47,466
Total	\$14,121,020

REVENUES	Dollars
MI Choice Waiver	\$10,032,566
Local Cash	\$43,000
Federal Support	\$2,025,436
State Support	\$1,838,603
Care Management	\$63,148
Other	\$118,267
Total	\$14,121,020

AAANM receives federal and state dollars through agreements with the Michigan Department of Health and Human Services/Aging and Adult Services Agency.

AAANM also appreciates funds from each of the ten county government units, as well as contributions and memorial gifts from clients, caregivers and the general public.