



Commonwealth
Council on Aging

2012 Annual Report

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To the Honorable Governor McDonnell and Members of the General Assembly,

Pursuant to Virginia Code § 51.5-127, the Commonwealth Council on Aging (Council) shall promote an efficient, coordinated approach by state government to meeting the needs of older Virginians. According to the Older Dominion Partnership, there are approximately 900,000 adults in the Commonwealth who are 65 years old or older and this figure is expected to double to more than 1.8 million by 2030, when *one in every five Virginians will be age 65 or older*.

Because of this impending Age Wave demographic shift, the Council not only endorses the work of the newly established state agency, the Department for Aging and Rehabilitative Services (DARS), and the 25 local Area Agencies on Aging (AAAs), but requests a call to action for increased statewide planning and more funding for these critical parts of Virginia's aging network for wellness and supportive services. This network of providers supports older Virginians and their caregivers through services critical to their independence and well-being.

The Council's ongoing initiatives, the Best Practices Awards and Community Conversations on Aging, and three policy recommendations are presented in this report. The Best Practices Awards honor model aging programs that improve the lives of older Virginians. The Community Conversations on Aging are Council-led listening sessions that serve to inform the policy recommendations.

The Council's first recommendation is increased statewide Age Wave planning for livable communities that promote opportunities for people of all ages to carry out their lives when, where, and how they choose. The Council encourages all 25 AAAs to use the Older Dominion Partnership research initiatives and the work of the Blueprint for Livable Communities Citizen Advisory Group to create regional plans for livable communities for residents of all ages and abilities.

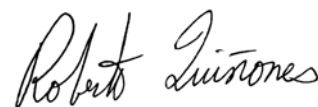
Seeking to replicate the model program that won this year's first place Best Practices Award, the Council's second recommendation would establish emergency preparedness pilot programs for seniors and disabled persons living in the community through the Virginia Department of Emergency Management, in collaboration with the Virginia Department for Aging and Rehabilitative Services, the Virginia Board for People with Disabilities, the Department of Health and the Department for Social Services.

Third, the Council recommends funding for services and supports that enable older Virginians and those with disabilities to remain in or return home safely. Such services and supports are critically needed to foster livable communities throughout the Commonwealth.

Under my role as Chair, I will be asking our Council to explore discussions on two topics that were also brought up during a recent symposium of the Older Dominion Project. They both involve future trends that are being raised by the changing demographics of our nation and state, and therefore impacting the workforce that takes care of our aging population. The first involves getting more students interested in gerontology and related health careers earlier in the educational pipeline, hopefully at the high school and undergraduate levels. The second involves the related issues of diversity, cultural competency, and disparities in health care delivery. We look forward to conversations with all state agencies and other boards who may already be addressing these trends impacting the future well being of our seniors.

The Council looks forward to future conversations with the Governor and members of the General Assembly on the items included in our report, and stands ready to fulfill our ongoing role in supporting the Commonwealth to meet the needs of older Virginians.

Sincerely,



Roberto Quinones
Chair 2011-2013

Best Practices Awards

The Best Practices Awards, established in 2006, recognize and encourage the replication of model programs, particularly those that foster Livable Communities and Home and Community Based Supports. By recognizing such programs, the Council encourages the development of supports that assist older adults to age in place and delay or even avoid unwanted institutionalization. This year, the Council recognizes the following programs and provides cash awards to:

- **1st place:** The Senior Resource Center Emergency Preparedness Plan, developed in collaboration with the City of Virginia Beach, assists seniors and disabled individuals in their planning and decision-making for emergencies, offers contact in emergency situations, and facilitates interaction between these populations and the emergency preparedness service and first responders. (\$3000 award)
- **2nd place:** Beyond Clinic Walls pairs interdisciplinary students at Eastern Virginia Medical School with older community members who face complex medical and social issues recruited from Senior Services of Southeastern Virginia, the local Area Agency on Aging. The result is improved quality of life for clients and an intimate look at the complexities of successful aging for the students. (\$2000 award)
- **3rd place:** Bedford Ride provides ambulatory and non-ambulatory clients needing non-emergency medical transportation in the City and County of Bedford, Virginia. The program operates using a volunteer force of drivers and dispatchers, overseen by two full-time employees under the umbrella of the Central VA Area Agency on Aging Transportation Department in Lynchburg. (\$1000 award)

Honorable Mentions:

- Roanoke Health Care Alliance for its provision of services information
- All Things Digital of the Senior Center in Charlottesville for its educational computer program
- Growing Younger Program of Richmond for its encouragement of health and wellness

Community Conversations on Aging

In 2010, the Council began a series of listening sessions, entitled Community Conversations on Aging, in Roanoke, Charlottesville, Newport News, and Woodbridge, together attracting over 250 participants. For a complete summary of the topics discussed at these four venues, please visit www.vda.virginia.gov/council.asp. In 2011, the Council continued the community conversations in Chesterfield County and Big Stone Gap, attended by 200 participants. Once again, the topics most frequently discussed were:

- **Housing** topics focused on aging in place, but also addressed assisted living and home modifications and repairs.
- **Services Information** topics included access to, eligibility for, and coordination of home and community-based services and supports, insurance information as well as the related roles of various state agencies.
- **Health Care** topics were most frequently related to Medicare coverage for medications, Medicaid coverage for services, and encouraging healthy living.

The conversations heightened awareness about the work of the Department for Aging and Rehabilitative Services, Area Agencies on Aging, and the Council.

Recommendations to the Governor and General Assembly

The following recommendations are offered in response to needs identified by older Virginians and family caregivers to support their independence and well-being.

- 1. Encourage local and regional age wave planning by all 25 Area Agencies on Aging** using the Older Dominion Partnership research initiatives and the work of the Blueprint for Livable Communities Citizen Advisory Group. Encourage the use of www.vadrs.org/vblc to inform promotion of Livable Communities and highlight best practices in housing, transportation, and community-based supports. Recognizing that integrated planning is a critical need for the coming Age Wave, a regional plan will promote livable communities for residents of all ages and abilities.
- 2. Establish pilot emergency preparedness planning programs.** By January 1, 2014, the Virginia Department of Emergency Management (Department), in collaboration with the Virginia Department for Aging and Rehabilitative Services, the Virginia Board for People with Disabilities, the Department of Health and the Department for Social Services, should establish **emergency preparedness pilot programs for seniors and disabled persons** in at least three but no more than six areas of the state selected by the Department. The goals of this program are:
 - to assist seniors and disabled individuals in the community in their planning and decision-making for emergencies
 - to offer contact in emergency situations and
 - to facilitate interaction between these populations and the emergency preparedness service and first responders
- 3. Provide funding for services and supports that enable older Virginians and those with disabilities to remain in or return home safely.** These services and supports are provided by the Virginia Department for Aging and Rehabilitative Services and its network of Area Agencies on Aging, DSS Adult Services and Adult Protective Services, Centers for Independent Living, and Medicaid. These services provide assistance for Virginia's most vulnerable older adults and enhance opportunities for home and community-based living. Examples include: Consumer-Directed Personal Care, PACE, CDSMP, Respite Care, Companion Services, Adult Day Health Care, and related transportation, all of which avoid or delay institutionalization and prolong valuable support provided by family caregivers.

Relevant Data

Age Wave: According to the Older Dominion Partnership, there are approximately 900,000 adults in the Commonwealth who are 65 years old or older and this figure is expected to double to more than 1.8 million by 2030, when one in every five Virginians will be age 65 or older. The newly established state agency, the Virginia Department for Aging and Rehabilitative Services, working in partnership with the Virginia Area Agencies on Aging and Senior Centers, integral parts of Virginia's aging network for wellness and supportive services, are creating an integrated vision and will streamline services, technologies, and supports that will assist older adults to participate more fully in their communities.

Emergency Preparedness: The 2012 Best Practices top award honored the Senior Resource Center Emergency Preparedness Plan for the rural area of southern Virginia Beach. The plan is a joint effort among area residents, religious organizations, civic groups and the City of Virginia Beach. The Senior Resource Center aims to provide area residents with educational seminars, physical activity and social interaction. Its Emergency Preparedness Plan identifies older residents in the community who will need special assistance or contact during an emergency situation and builds relationships with them so they will accept assistance when needed.

Funding for services: Older adults comprise 11% of people receiving Medicaid services, and nearly 50% of Medicaid spending on Long-Term Care Services. (Virginia's Four Year Plan for Aging Services) Among all states, Virginia ranks 48th in Medicaid expenditures per capita and 24th per recipient. (The Virginia Medicaid Program at a Glance, DMAS, 2012)



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

OLDER VIRGINIANS MONTH

WHEREAS, there are approximately 900,000 adults in the Commonwealth who are 65 years old or older and this figure is expected to double to more than 1.8 million by 2030, when one in every five Virginians will be age 65 or older; and

WHEREAS, since 1963, the month of May has been designated by the U.S. Administration on Aging as the time for communities across America to express appreciation to older citizens by celebrating their contributions and achievements; and

WHEREAS, this year's theme for May is "Never Too Old to Play," which emphasizes the important role older adults play in sharing their experience, wisdom, and understanding and passing that knowledge on through interactions with children, youth, and adults from other generations; and

WHEREAS, the Virginia Area Agencies on Aging and Senior Centers, integral parts of Virginia's aging network for wellness and supportive services, have embraced this year's theme with events that include dances, picnics, fitness programs, walkathons, Senior Olympics, a Senior Prom, a theatrical performance, and talent and fashion shows; and


WHEREAS, older Virginians should be recognized for and encouraged in their efforts to contribute their skills and knowledge to our Commonwealth of Opportunity through civic, community, and social engagement; and

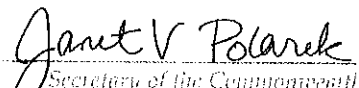
WHEREAS, older adults who stay physically and socially active and mentally engaged have experienced health benefits, and their participation in community life also enriches the lives of everyone involved, both old and young; and

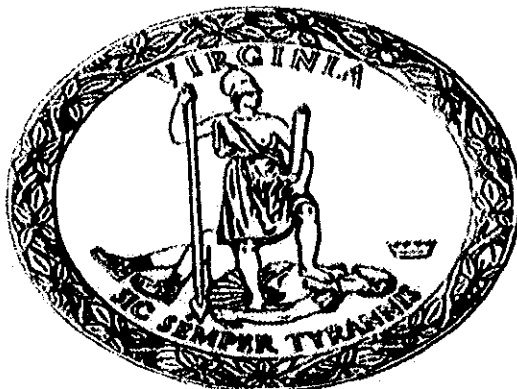
WHEREAS, the newly established state agency merging the Virginia Department for the Aging and the Department of Rehabilitative Services will create an integrated vision and streamline services and technologies that will assist older adults to participate more fully in their communities;

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize May 2012 as **OLDER VIRGINIANS MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.




Governor


Secretary of the Commonwealth



CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

ADULT ABUSE PREVENTION MONTH

WHEREAS, more than one million Virginians are currently over the age of sixty and the population of older Virginians will increase to more than two million, one quarter of Virginia's population, in the next two decades; and

WHEREAS, during fiscal year 2011 Virginia Adult Protective Services received almost 18,000 reports of adult abuse, neglect, and exploitation; and

WHEREAS, older and disabled Virginians may be targets for abuse, which can occur in families and communities of all social, economic, racial and ethnic backgrounds; and

WHEREAS, in order to reduce the incidence of adult abuse in Virginia, there exist a number of adult abuse prevention programs statewide that provide vital services to older and disabled Virginians including 24-hour hotlines, crisis intervention, emergency shelter, home-based and community services, public education, and legal advocacy; and

WHEREAS, *Adult Abuse Prevention Month* offers all Virginians the opportunity to remember victims of adult abuse and their families, to recognize the organizations and individuals who serve them, and to participate in community efforts to improve the safety and well-being of all people throughout our Commonwealth;

NOW, THEREFORE, I, Robert F. McDonnell, do hereby recognize May 2012 as **ADULT ABUSE PREVENTION MONTH** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all of our citizens.



Robert F. McDonnell

Janet V. Polarek

Commonwealth Council on Aging 2011 – 2012

Roberto Quinones, Chair, 10th Congressional District
Term ends 6/30/14

Beth Barber, Vice-Chair, of Charlottesville
Term ends 6/30/16

Jeffrey C. Delafuente, Secretary, of Richmond
Term ends 6/30/12

Juanita Armstrong Bailey, 1st Congressional District
Term ends 6/30/14

Brenda A. Kelley Nelum, 11th Congressional District
Term ends 6/30/16

Robert B. Blancato, 8th Congressional District
Term ends 6/30/16

Nancy New, RN, 7th Congressional District
Term ends 6/30/14

Gene Ecton Davis, 5th Congressional District
Term ends 6/30/13

Valerie Scott Price, 3rd Congressional District
Term ends 6/30/13

David M. Farnum, of Roanoke
Term ends 6/30/16

Stephen G. Reardon, Esq., of Richmond
Term ends 6/30/14

Karen L. Fortier, Esq., 2nd Congressional District
Term ends 6/30/14

Joan Boyd Short, 9th Congressional District
Term ends 6/30/13

Arthur R. Giesen, of Waynesboro
Term ends 6/30/16

E. Harris Spindle, Jr., of Fredericksburg
Term ends 6/30/14

Richard W. Lindsay, M.D., of Charlottesville
Term ends 6/30/16

Vacant, 6th Congressional District
Remaining term ends 6/30/13

Susan McCammon, 4th Congressional District
Term ends 6/30/14

Vernon Wildy, of Glen Allen
Term ends 6/30/16

The purpose of the Council shall be to promote an efficient, coordinated approach by state government to meeting the needs of older Virginians (Code of Virginia §51.5-127).

<http://www.vda.virginia.gov/council.asp>

Ex Officio Members

The Honorable William A. Hazel, Jr., MD
Secretary of Health and Human Resources

James A. Rothrock
Commissioner, Virginia Department for Aging and Rehabilitative Services

Gail S. Nardi
Adult Services Program Manager, Virginia Department of Social Services

Terry A. Smith
Director, Division of Long Term Care, Department of Medical Assistance Services

Paul Lavigne
Representative, Virginia Association of Area Agencies on Aging

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