



2022-2024

Dane County

Aging Plan



Advisory Council Meeting Agenda

Tuesday, 9/14/21, 9am via Zoom

- **Timeline Update**
- **Community Feedback**
- **Draft Goals**
- **Next?**



Aging Plan Next Steps

Timeline

- ✓ June-July 2021 Public Input
- ✓ 31 August Draft goals due
- 14 September **Advisory Council meets**
- 1 October Final goals due
- 1 November AAA Board approves goals
- 15 November Goals submitted to State for approval
- 14 December **Public Hearing (draft plan)**
- 3 January 2022 AAA Board approves final plan
- 15 January Final Plan submitted to State



Community Feedback

DCDHS Planning & Evaluation Unit



Group Name	Date	Participants	Data Collection Mode
Rainbow Project Grandparent Support Group	6/12/2021	5	Online focus group
Goodman Community Center Senior Coffee Hour	6/18/2021	8	In-person focus group
Goodman Community Center Senior Coffee Hour	6/25/2021	7	In-person focus group
NewBridge Madison Latinx	7/1/2021	12	Focus group
NewBridge Madison Black	7/8/2021	8	Focus group
LGBTQIA+	7/14/2021	1	Online in-depth interview
Wauakee Senior Center	7/15/2021	3	In-person focus group
Westshire Village Senior Living Community	7/19/2021	7	In-person focus group
Foster Grandparents	7/21/2021	13	In-person focus group
Survey	5/24/2021 – 8/2/2021	333	Paper and online survey



Top 5 issues, problems and challenges facing adults age 50+	Top 5 things that need to improve in Dane County	Top 5 services or resources needed from caregiver/helper perspective	Top 3 resources or services needed for grandparents and relative caregivers
1. Lack of enough safe, affordable housing (56%)	1. In-home support for daily living, both personal care and chores (58%)	1. Transportation to appointments (52%)	1. Day camps or day care for the grandchild(ren) (24%)
2. Transportation after they can no longer drive (53%)	2. Alternative transportation services (47%)	2. Respite care for a vacation or regular time away (47%)	2. Participation fees for the grandchild(ren) to do sports, arts, music, and other activities (23%)
3. Changes to the body or physical capabilities (46%)	3. Safe and affordable housing options (45%)	3. Assistance with personal care (45%)	3. Assistance with technology (21%)
4. Lack of professional workforce for in-home care (43%)	4. Free legal services to complete wills and POA documents for health & finances (38%)	4. Help with housekeeping chores and cleaning (39%)	
5. Social isolation/loneliness (39%)	5. Social activities to help with social isolation and loneliness (35%)	5. TIE (35%) <ul style="list-style-type: none"> • Adult Day Care • Home modification support to assist aging in place 	



Older Adults Raising Children

- Older adults raising children are entirely different:
 - They are concerned about health insurance for the child(ren)
 - The generational gaps are challenging to navigate & many places (like schools) lack inclusive language for their type of family
 - Respite care is needed but they feel guilty using it (shorter respite services or connection to babysitters would be best)



Top Issue: Transportation

- Transportation should not fall through; it should be on time & return you home
- Low, predictable fares are important in planning to get to medical appointments
- They realize it is likely they will lose the ability to drive in the future and need ways to get to appointments as well as getting shopping done
- Bus service doesn't always meet their needs
- Bike paths need to be cleared in winter for those who rely on a bike instead of a car
- Transportation from senior focal points/centers to enrichment activities like going to a park or theatre would be appreciated as well as transportation to church services

Top Issue: Housing

- Property taxes are pushing people out of their homes
- Apartment rent has gone up and forced some into low-income housing (if they can get a spot as there are long waitlists)
- There is limited safe, affordable, senior housing – and it should be designed for older adults
- Staying in Madison and not rural areas is important to them because Madison has the service providers (e.g., doctors)



Top Issue: Resources for Living Alone

- Someone to check-in – socialization and make sure you haven't "fallen and can't get up" is wanted
- Some older adults have not had children, others' children moved away. There is no one left in town to stop by and check in on them.
- This age group is facing their friends dying and not knowing how to make new friends making isolation a top problem & social activities a top need – these are universal problems and needs across identities




Top Issue: In-Home Personal Care

- In-home help is desired
- CNA's are hard to come by--they don't get paid enough so there aren't many of them
- NewBridge had volunteers to help clean apartments 1-2 times per week during the COVID-19 pandemic and it was well-liked
- Partnerships with Briarpatch for snow removal is helpful when the children show up





Top Issue: Access to Healthy Food

- Food was mentioned in both open-ended survey comments and the focus groups, but was infrequently chosen as a closed-ended survey response
- Food deserts exist throughout Dane County – lacking of affordable, nearby grocery stores (e.g., needing a car to get the grocery store)
- Goodman Center food pantry receives praise for its selection, organic foods, fresh produce and the person's ability to choose what they want
- Food delivery has become more important through the pandemic 

LGBTQIA+



- **Problem:** Lack of planning for potential medical or other health crisis situations ↑
- **Caregivers:** Adult Day Care (for them) ↓
- The LGBTQIA+ 1:1 interview participant was most concerned with discrimination, stigma & lack of acceptance around their sexual orientation – noted this causes mental health issues where there aren't treatment providers who understand >

Persons of Color

(non-white also referred to as BIPOC or POC)

- **Problem:** Lack of affordable health care & prescription drugs ↑
- **Need:** Delivery/Meal options for healthy foods ↑
- **Problem:** Transportation after they can no longer drive ↓
- **Caregivers:** Assistive devices like lift chairs, stair lifts, alarms, or technology ↓
- **Grand parenting:** Assistance with technology ↓

Persons of Color *(con't)*

(non-white also referred to as BIPOC or POC)

- **Need:** Culturally-specific services & activities ↑
- Isolation and loneliness resulting in cognitive decline & mental health issues due to a lack of in-person contact during COVID-19 lockdowns
- Do not feel respected, listened to, and cared about because they are older and Black



Having a disability

- **Caregivers:** Assistive devices like lift chairs, stair lifts, alarms, or technology ↑
- **Problem:** Meaningful opportunities for staying engaged in the community ↓
- **Need:** Dementia supports & services ↓
- **Need:** Ways to keep fit & healthy through physical activity ↓
- **Grand parenting:** Tutoring for academic classes (for them) ↓



Living in poverty

- **Problem:** Lack of affordable dental care ↑
- **Need:** Preventative health services like blood pressure checks and nail clipping ↑
- **Need:** Delivery/Meal options for healthy foods ↑
- **Caregivers:** Self-care such as massage, yoga class, or gym membership ↑
- **Problem:** Lack of affordable health care and prescription drugs ↓
- East/North side of Madison more likely to have financial concerns
- Those with less financial worries were more interested in “enrichment” opportunities

Living alone

- **Problem:** Changes to the body or physical capabilities ↑
- **Need:** Preventative health services like blood pressure checks & nail clipping ↑
- **Need:** Delivery/Meal options for healthy foods ↑
- **Need:** Free legal services to complete wills & PoA for health and finances ↑



Living alone (*con't*)

- **Problem:** Lack of professional workforce for in-home care ↓
- **Need:** Affordable home modifications for aging in place ↓
- **Need:** In-home support for daily living, both personal care and chores ↓
- **Need:** Dementia support and services ↓
- **Need:** Financial and emotional support for family caregivers ↓
- **Grand parenting:** Home modification to create private space for grandchild(ren) (for us) ↓

More comfortable speaking a language other than English

- **Need:** Culturally-specific services & activities ↑
- **Caregivers:** Respite care for a vacation or regular time away ↑
- **Problem:** Transportation after they can no longer drive ↓
- **Need:** Safe & affordable housing options ↓
- **Need:** Alternative transportation services ↓
- **Grand parenting:** Assistance with technology (for us) ↓
- Language barrier is the biggest obstacle to Latinx



Rural residents

- **Caregivers:** Assistance with personal care ↑
- **Need:** Ways to keep fit and healthy through physical activity ↓
- **Caregivers:** Support groups and/or activities for caregivers to meet and share ↓



Last Thoughts...

- Madison has the resources & is a vibrant community with tons to do (if you can afford it)
- Senior focal points/centers are important
- There is so much you can't keep up with what is available & how to access them/who is eligible for the services
- ADRC & case managers have been helpful in providing guidance
- Marketing of services is appropriate – older adults will spread information by word-of-mouth once they've had a good (or bad) experience



Other Information Considered

- Recent surveys of current participants/clients of AAA contracted services
 - Caregiver Program
 - Case Management Program
 - Nutrition Program
- Data analysis of current participants/clients of AAA contracted services
 - Caregiver Program
 - Case Management Program
 - Nutrition Program
 - Transportation Program



Goal Requirements

Can be combined

- 1 goal from each program area:
 - Supportive Services
 - Nutrition Program
 - Health Promotion
 - Caregiver Support
- 1 goal from each value:
 - Enhance ongoing community engagement
 - Person-centered services
 - Barrier to racial equity
 - Advocacy
- Option to add a local priority goal



SMART-IE Goals

Each of the strategies should meet SMART-IE criteria—the strategy must be...

Specific or **S**trategic

Measurable

Achievable or **A**ctionable

Realistic

Time-bound



Aging units should also consider if goals are

Inclusive and **E**quitable, considering all people that could be served within the county.



Advocacy & Community Engagement Goal

Training & Representation

Goal Statement

Older adults have the knowledge and skills to advocate for funding and other resources at the county, state, and federal level to address issues important to or negatively impacting older adults in Dane County.

As measured by...

- Amount of Dane County aging unit budget priorities funded annually through the older adult advocacy process
- Increased planning of senior housing resources based upon older adult advocate representation on Housing Initiative Steering Committees and stakeholder groups

Local Priority & Community Engagement Goal

POC & LGBTQIA+ Older Adults

Goal Statement

Increased, ongoing, and meaningful community engagement of older adults, with targeted attention to older adults identifying as persons of color and/or LGBTQIA+, in the planning and provision of aging services in Dane County throughout the area plan period.

As measured by...

- AAA Board/Committee/Workgroup member demographics reflect the aging population
- The number of older adults engaged in coffee conversations with AAA about problems and solutions for aging issues as measured at the end of each year

Person-Centered Services Goal

Title III-B: Supportive Services—Transportation Options

Goal Statement

On demand, person-centered individual transportation option(s) for Dane County older adult leisure/socialization activities from their residence that is affordable and available at least one time per month by 12/31/24.

As measured by...

- Utilization of identified options
- Lower levels of social isolation on the UCLA 3 question social isolation and loneliness scale by persons using new options at onset of use and annually after using the on demand options



Person-Centered Services Goal

Title III-B: Supportive Services—Transportation Services

Goal Statement

Increased availability of group ride services for older adults to meet ridership demand while maintaining reasonable ride times to and from Focal Point programs for healthy aging and socialization beyond the senior meal program hours by 1/1/23.

As measured by...

Increased ridership, reduced time in-transit, and increased participation in activities each year of the three-year aging plan from a 2021 baseline.



Person-Centered Services Goal

Title III-C: Nutrition Program—Malnutrition

Goal Statement

After receiving supplemental nutrition in addition to the lunch or dinner meal per day for eight months, home-delivered meal participants that scored as malnourished at intake show improvement in their malnutrition status.

As measured by...

Changes in the validated Malnutrition Screening Tool (MST) to discern risk and malnutrition status from baseline to eight months post supplemental meals being used.




Person-Centered Services Goal

Title III-C: Nutrition Program—Consumer Choice

Goal Statement

Allow for consumer choice in home-delivered meal (HDM) program delivery options between lunch and dinner in order for more homebound older adults in the City of Madison or Monona to receive balanced nutrition as participants in the HDM program beginning January 2023.

As measured by...

- HDM survey indicated increase in meal satisfaction due to an additional choice in delivery options
- Number of persons indicating they would otherwise not be able to participate in the meal program if evening delivery was not available. 

Racial Equity Goal

Title III-D: Health Promotion—Latinx Healthy Aging Classes

Goal Statement

Improved health outcomes related to falls or self-management of chronic conditions in 40 Latinx older adults in Dane County by December 2024.

As measured by...

The number of Latinx older adults that successfully complete at least one evidence-based health promotion program (attend at least 4 of 6 sessions).



Racial Equity Goal

Title III-E: Caregiver Support—Caregivers of Color

Goal Statement

Reduce caregiver stress and burden in a minimum of 10 caregivers of color that receive at least 112 paid respite service hours per year provided by qualified relative/friend caregivers as measured annually at the end of 2023 and 2024.

As measured by...

Pre-post caregiver grant self-assessment survey showing improved stress/burden.



What's next for you?

- Attend public hearing
- Watch for announcements on the AAA website
<https://dcdhs.com/Aging-Plan-Development>
 - Draft & Final Goals
 - Draft & Final Plan



Comments or Questions

Email

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Call

(608) 261-9930

Write

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Madison, WI 53704



Thanks for
your help!

