

AREA PLAN ON AGING

FOR

FISCAL YEARS 2010-2013
(2013 Update)

Central Plains Area Agency on Aging

Submitted by:
(Name of Agency)



(Signature of Director)

July 27, 2012

(Date)

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APPLICATION FOR GRANT AWARD
TO

THE KANSAS DEPARTMENT ON AGING

1. NAME OF APPLICANT AGENCY:

Central Plains Area Agency on Aging

2. AREA AGENCY ON AGING:

3. NAME AND ADDRESS OF GRANTEE:

Name: Central Plains Area Agency on Aging
Address: 2622 W. Central, Ste 500
City: Wichita
State: KS Zip: 67203
Director: Annette Graham
Telephone No.: 316.660.7298
Fax No.: 316.660.1936

Name: Sedgwick County
Address: 525 N. Main
City: Wichita
State: KS Zip: 67203
Telephone No: 316.660.9300
Fax No.: 316.383.8275

1. TYPE OF ORGANIZATION: (CHECK ONE)

Public Non-Profit Agency Private Non-Profit Agency

2. TYPE OF APPLICATION: (CHECK ONE)

Original Annual Update

3. DATES OF AREA PLAN FISCAL YEARS

FROM: 2012 TO: 2013

4. DATE OF GRANTEE PERIOD (BUDGET YEAR)

FISCAL YEAR 2013

5. OFFICIAL AUTHORIZED TO SIGN FOR GRANTEE ORGANIZATION

Name: Tim R. Norton
Address: 525 N. Main

Title: Chairman, Sedgwick County Commission
City: Wichita Zip: 67203

ELECTRONIC SUBMISSION OF APPLICATION

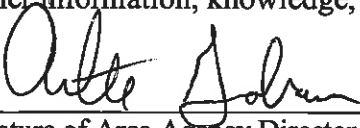
Pursuant to the Uniform Electronic Transaction Act codified at K.S.A. 16-1601 et seq., the parties hereto agree that this 2013 Area Plan may be executed through the use of electronic signatures. By typing “/s” followed by the name of the person who is authorized to sign this Plan on behalf of the Central Plains Area Agency on Aging and the Kansas Department on Aging, and then e-mailing the executed signature page to the other party, the party agrees to be irrevocably bound by its electronic signature as if an original signature appeared thereon. If, for whatever reason, an original signature is required, the parties agree to cooperate in re-signing the same. The failure of a party to re-sign shall not affect the validity of the Plan.

VERIFICATION OF APPLICATION

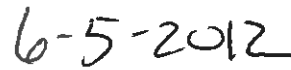
This Area Plan on Aging ("Area Plan") is hereby submitted by the Central Plains Area Agency on Aging (the "AAA") for the period October 1, 2012 through September 30, 2013. The Area Plan includes documents identified as pages 1 through 20, the same being attached hereto and incorporated herein by this reference. The Area Plan further includes all assurances and plans to be conducted by the AAA under the provisions of the Older Americans Act of 1965 (the "Act"), as amended, and applicable Federal and State laws, regulations, and policies during the period identified. The AAA has the authority to develop and administer the Area Plan in accordance with all requirements of the Act, applicable Federal and State laws, regulations, and policies, as presently exist or hereinafter enacted or amended, and is primarily responsible for the coordination of all Planning and Service Area ("PSA") activities related to the purposes of the Act.

In addition to the assurances contained herein, it is understood and agreed to by the AAA that: 1) funds awarded as a result of this request are to be expended solely for the purposes set forth in the Act, and in accordance with all applicable Federal or State laws, regulations, policies, and procedures, including those adopted or maintained by the Administration on Aging and the U. S. Department of Health and Human Services; 2) any proposed changes or amendments to the Area Plan shall be submitted, in writing, by the AAA and upon written notification by the State Agency, if approved, the proposed change or amendment shall be deemed incorporated into, and become part of, the Area Plan; 3) the attached Assurance of Compliance with the Department of Health and Human Services Regulation issued pursuant to Title VI of the Civil Rights Act of 1964 applies to this Area Plan, as approved; and 4) funds awarded by the State Agency may be terminated at any time for violations of any terms or requirements of this Area Plan in accordance with 45 C.F.R. Part 74 or Part 92, as applicable, or the violation of any applicable State or Federal law, regulation or policy affecting or implementing the Act.

The Area Plan has been developed in accordance with all and regulations specified under the Act and applicable Federal and State laws, regulations, and policies. Further, the undersigned hereby certifies that all information and statements made in this Area Plan are true, complete, and current to the best of his/her information, knowledge, and belief.



Signature of Area Agency Director



Date

The AAA Advisory Council or Governing Board has had the opportunity to review and comment on the Area Plan on Aging.



Signature and Title of Authorized AAA Governing Board Member or the Chairperson of the AAA Advisory Council



Date

The governing body of the AAA has reviewed and does hereby approve the Area Plan.

Signature and Title of the Authorized Official of the Area Agency Board of Directors

Date

CERTIFICATION REGARDING LOBBYING
Certification for Contracts, Grants, Loans,
and Cooperative Agreements

The undersigned certifies, to the best of his or her knowledge and belief, that:

- (1) No Federal appropriated funds have been paid or will be paid, by or on behalf of the undersigned, to any person for influencing or attempting to influence an officer or employee of an agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with the awarding of any Federal contract, the making of any Federal grant, the making of any Federal loan, the entering into of any cooperative agreement, and the extension, continuation, renewal, amendment, or modification of any Federal contract, grant, loan, or cooperative agreement.
- (2) If any funds other than Federal appropriated funds have been paid or will be paid to any person for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or any employee of a Member of Congress in connection with this Federal contract, grant, loan, or cooperative agreement, the undersigned shall complete and submit a "Disclosure Form to Report Lobbying," in accordance with its instructions.
- (3) The undersigned shall require that the language of this certification be included in the award documents for all subawards at all tiers (including subcontracts, subgrants, and contracts under grants, loans, and cooperative agreements) and that all subrecipients shall certify and disclose accordingly.

This certification is a material representation of fact upon which reliance was placed when this transaction was made or entered into. Submission of this certification is a prerequisite for making or entering into this transaction imposed by 31 U.S.C. § 1352. Any person who fails to file the required certification shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

Central Plains Area Agency on Aging
Official Name of the Area Agency

<hr/>	<u>Chairman</u>	<hr/>
Authorized Signature	Title	Date

OLDER AMERICANS ACT ASSURANCES OF COMPLIANCE

CENTRAL PLAINS

(Name)

AREA AGENCY ON AGING

AND

KANSAS DEPARTMENT ON AGING

The Central Plains Area Agency on Aging (“AAA”) assures the Kansas Department on Aging (“KDOA”) that it will comply with the requirements of the Older Americans Act of 1965, as amended, (“OAA”) and with any and all applicable Federal and/or State regulations, law or policies implementing the OAA, and it further assures KDOA that it will, through its Area Plan, and any approved amendments thereto, carry out a program under its Area Plan according to the following assurances. The AAA assures KDOA that it will comply with:

Any and all assurances and/or provisions provided in Sections 306 and 307 of the OAA;

Any and all Federal and State laws, regulations, and policies implementing the OAA; and

The following procedure for requests for hearing (appeals) filed by the AAA's customers ("older individuals" under the OAA) or by the AAA's subgrantees or contractors:

A. Notice of Action Including Notice of Appeal Rights. Unless otherwise provided for by law, appeals of any action proposed or taken by KDOA, the AAA (including any of its employees or contract employees), or any subgrantee or contractor (including any employee or contractor of either of them) shall be carried out pursuant to K.A.R. 26-4-1 et seq., as amended. The AAA shall give persons or entities (including customers, Subgrantees, or Contractors) directly affected by any AAA action timely written notice of action, pursuant to K.A.R. 26-4-1 et seq., and in the notice of action shall include notice of the right to appeal the action. In all of its subgrants or contracts, the AAA shall require its Subgrantees or Contractors to give customers timely written notice of action, pursuant to K.A.R. 26-4-1 et seq., and to notify customers of their appeal rights in every notice of action.

B. Internal Review; KDOA's Corrective Action. The AAA shall provide an internal appeal or review process to hear and consider claims, complaints, or disputes involving actions by it or its Subgrantees or Contractors. Upon the filing of an appeal, KDOA shall internally review the action of KDOA, the AAA, or the Subgrantee or Contractor, whichever is appropriate, to determine whether or not the action proposed or taken was correct and appropriate and whether or not the action should be defended through the appeal. KDOA shall have the authority and discretion, at any point during the appeal process, to determine the action proposed or taken was incorrect or inappropriate and to take any corrective action KDOA deems appropriate to resolve the issues on appeal. The AAA shall, and in all of its subgrants or contracts shall, require its Subgrantees or Contractors to take any corrective action directed by KDOA which KDOA, after considering the issues involved in any appeal, deems necessary. Nothing in this subsection shall affect the AAA's or the Subgrantee's or Contractor's right to appeal the corrective action directed by the KDOA.

C. Roles During Appeal Process: KDOA's Handling of Appeals; AAA, Subgrantee and Contractor Assistance. KDOA and the AAA, Subgrantee, or Contractor whose action is being appealed shall have separate roles during the appeals process. KDOA shall be responsible for presenting the case in defense of the action being appealed and the AAA and its subgrantee or contractor shall be responsible for assisting KDOA, and in the AAA's subgrants and contracts shall require its Subgrantees and Contractors to be responsible for assisting KDOA by supplying KDOA with the testimony and documentation which KDOA deems necessary to defend the appeal. The AAA shall provide KDOA, and in the AAA's subgrants and contracts will require its Subgrantees and Contractors to provide KDOA with access to witnesses under its or the Subgrantee's or Subcontractor's control, and to documents (and copies of documents) in its or its Subgrantee's or Subcontractor's control or possession to prepare for and defend the appeal. The AAA shall require fact or expert witnesses who are subject to the AAA's control, and in the AAA's subgrants and contracts shall require the Subgrantees and Contractors to require fact or expert witnesses subject to the Subgrantee's or Contractor's control, to appear and testify at the appeal hearings.

D. Compliance with Final Orders or Decisions. Subject to its own appeal rights, the AAA shall be bound by and shall comply with the final order, decision, or judgment issued in any appeal by the presiding officer, a hearing panel, the Secretary of Aging, the Shawnee County District Court, or the Kansas appellate court with final jurisdiction in the same manner as if the AAA had appeared and defended the action which was appealed. In its subgrants or contracts, the AAA shall require its Subgrantees and Contractors, subject to their own appeal rights, to be bound by and comply with the final order, decision, or judgment issued in any appeal by the presiding officer, a hearing panel, the Secretary of Aging, the Shawnee County District Court, or the Kansas appellate court with final jurisdiction in the same manner as if the Subgrantee or Contractor had appeared and defended the action which was appealed.

E. Appeal Beyond the Administrative Level. To the extent permitted by law, the AAA shall retain the right to appeal, pursuant to K.A.R. 26-4-1 et seq. and the Kansas Act for Judicial Review and Civil Enforcement of Agency Actions (K.S.A. 77-601 et seq.), any final order or decision rendered at the administrative agency level which adversely affects the AAA's interests and which KDOA decides not to appeal. The AAA shall be responsible for presenting its own case on appeal and KDOA shall be responsible for assisting the AAA by providing copies of documents, including a copy of the agency record, for use at the District Court level and, if the District Court orders additional discovery, by making employees available to testify as witnesses. KDOA has the right to take whatever action is necessary to protect KDOA's interests while the AAA makes its appeal.

_____	Chairman	_____
Signature of Authorized Official of the Grantee Organization	Title	Date

ASSURANCE OF COMPLIANCE WITH THE DEPARTMENT OF
HEALTH AND HUMAN SERVICES REGULATION UNDER
TITLE VI OF THE CIVIL RIGHTS ACT OF 1964

Central Plains Area Agency on Aging (hereinafter called the "Applicant").
Name of Applicant (type or print)

HEREBY AGREES THAT it will comply with Title VI of the Civil Rights Act of 1964 (Pub. L. 88-352), as amended, and all requirements imposed by or pursuant to the Regulation of the Department of Health and Human Services (45 C.F.R. Part 80), to the end that, in accordance with Title VI of that Act and the Regulation, no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which the Applicant receives Federal financial assistance from the Kansas Department on Aging (hereinafter called the "Grantor"), a recipient of federal financial assistance from the Department of Health and Human Services (HHS); and HEREBY GIVES ASSURANCE THAT it will immediately take any measures necessary to effectuate this agreement.

If any real property or structure thereon is provided or improved with the aid of federal financial assistance extended to the Applicant by the Grantor, this Assurance shall obligate the Applicant, or in the case of any transfer for such property, any transferee, for the period during which the real property or structure is used for a purpose for which the federal financial assistance is extended or for another purpose involving the provision of similar services or benefits. If any personal property is so provided, this Assurance shall obligate the Applicant for the period during which it retains ownership or possession of the property. In all other cases, this Assurance shall obligate the Applicant for the period during which the federal financial assistance is extended to it by the Grantor.

THIS ASSURANCE is given in consideration of and for the purpose of obtaining any and all federal grants, loans, contracts, property, discounts or other federal financial assistance extended after the date hereof to the Applicant by the Grantor, including installment payments after such date on account of applications for federal financial assistance which were approved before such date. The applicant recognizes and agrees that such federal financial assistance will be extended in reliance on the representations and agreements made in this Assurance, and that the Grantor or the United States, or both, shall have the right to seek judicial enforcement of this Assurance. This Assurance is binding on the Applicant, its successors, transferees, and assignees, and the person or persons whose signatures appear below are authorized to sign this Assurance on behalf of the Applicant.

	Chairman	
Signature of Authorized Official of the Grantee Organization	Title	Date

NOTE: This form must be completed by applicants for federal financial assistance from the Kansas Department on Aging.

SUBAWARD AND EXECUTIVE COMPENSATION INFORMATION

Required Subawardee Information

- **Subawardee DUNS Number:** _____
- **Subawardee DUNS Number +4 (If Applicable):** _____
- **Subawardee Parent Organization DUNS Number(If Applicable):** 056577166
- **Subawardee Name:** Central Plains Area Agency on Aging
- **Subawardee Physical Address:**
 - Street Address: 2622 W. Central, Ste 500
 - City: Wichita
 - State: Kansas
 - Country: Sedgwick
 - Zip+4: 67203
 - Congressional District: _____
- **Subawardee Principal Place of Performance:**
 - City: Wichita
 - State: Kansas
 - Country: Sedgwick
 - Zip+4: 67203
 - Congressional District: _____
- **Question 1:** In the subawardee's business or organization's preceding completed fiscal year, did its business or organization (the legal entity to which the DUNS number it provided belongs) receive (1) 80 percent or more of its annual gross revenues in U.S. federal contracts, subcontracts, loans, grants, subgrants, and/or cooperative agreements; and (2) \$25,000,000 or more in annual gross revenues from U.S. federal contracts, subcontracts, loans, grants, subgrants, and/or cooperative agreements?:
Yes or No
- **Question 2:** Does the public have access to information about the compensation of the executives in the sub-awardee's business or organization (the legal entity to which the DUNS number it provided belongs) through periodic reports filed under section 13(a) or 15(d) of the Securities Exchange Act of 1934 (15 U.S.C. 78m(a), 78o(d)) or section 6104 of the Internal Revenue Code of 1986?
Yes or No

- **List Names and Total Compensation of Top 5 Employees** (Only if Question 1 was answered “Yes” and Question 2 was answered “No”)

	<u>Names</u>	<u>Total Compensation</u>
1.	_____	\$ _____
2.	_____	\$ _____
3.	_____	\$ _____
4.	_____	\$ _____
5.	_____	\$ _____

DIRECT SERVICE WAIVERS

If a AAA would like to provide services directly related to administrative functions, a transmittal letter requesting KDOA authorization must accompany the initial area plan, an area plan update, or an area plan revision.

If a AAA would like to provide direct, non-administrative services that are 1) necessary to assure an adequate supply of such services; or 2) a AAA can provide the services more economically, a Direct Service Waiver Request form (KDOA 200-2) must be included in the initial area plan, an area plan update, or an area plan revision for each service provided.

Please attach the required letter and/or form(s) to request a direct service waiver. All waiver requests must be approved, in writing, by the Secretary.

DETERMINATION OF NEEDS

A survey administered by CPAAA requested needs information from potential customers in our PSA. The survey was on Zoomerang (a web based service.) Participants could complete the survey on-line, by phone, or complete a hard copy and return to CPAAA to be entered on Zoomerang. The survey was completed by 472 people. Hard copies of the surveys, along with information on how to access the survey on-line, was distributed to all Community Focal Points, Butler and Harvey Departments on Aging, libraries in all three counties, CPAAA website, and senior focused housing where Service Coordinators are employed. The results reflected a variety of needs in our PSA. Survey results were compiled and reviewed to determine the priority needs in our area.

The needs were prioritized based on the results of the survey. The top three concerns are as follows:

TRANSPORTATION:

Medical transportation, and transportation for general purposes, is the number one need according to this survey. Sedgwick County Transportation (SCT) provides medical transportation using a flat rate throughout Sedgwick County. CPAAA has an MOU with the SCT to provide transportation for caregivers and care recipients on a donation only basis. RSVP Volunteer program provides transportation for rural seniors for medical, social, and other errands utilizing volunteers coordinated through rural senior centers. Harvey Interurban provides transportation throughout Harvey County for medical, social, and other errands. Residents are provided this transportation based on need. Butler County Dept. on Aging Transportation program provides rides for a flat fee throughout the entire county.

HOME UPKEEP:

The survey participants identified home upkeep as the number two priority. Home upkeep was divided into two areas; inside the home and outside the home. Inside the home consists of keeping the home clean and completing minor repairs. Outside the home combines lawn care and maintenance of the outside of the house. CPAAA is addressing all of these issues using the in-home service programs under HCBS-FE, Senior Care Act, and OAA and the Minor Home Repair program funded with SCA, OAA, and Mill Levy dollars. There are volunteer programs throughout the counties that can help with lawn care and other minor maintenance issues the CPAAA staff are able to refer clients to.

AFFORDABLE HEALTHCARE:

Affordable healthcare was the third priority according to the survey. CPAAA continues to be dedicated to promoting health and wellness through various programs/events. Senior Expo provides free health screenings to attendees including cholesterol, blood sugar, blood pressure, prostate, skin cancer, varicose veins and osteoporosis. CPAAA's community health nurse provides health and wellness education to the tri-county area and will provide consultation to providers, clients and case managers as needed. Our community health nurse also provides physical fitness at senior centers and meal sites in Sedgwick County. She is a Certified Diabetes Educator and physicians in our area refer patients to her diabetes classes. CPAAA continues to fund physical fitness programs in Butler and Harvey counties.

Our area agency policy is that special emphasis will be given to serving seniors in the greatest social or economic need through the following methods:

1. location of services in geographic areas with a concentration of older residents in greatest social or economic need;
2. specialization in the types of services most needed by those groups; and
3. education/outreach activities by service providers and other community organizations to ensure participation in services by seniors in greatest social and economic need.

AREA AGENCY'S PRIORITIES

Due to difficult economic times the priority for CPAAA is to ensure all funds are expended conscientiously, prioritized based on the 2008 Needs Assessment and make every effort to target those with the greatest social or economic need. Being good stewards of tax dollars is an expectation of Sedgwick County Board of County Commissioners and our Advisory Councils.

To address this priority we have closely reviewed our needs survey and have based allocations on the three identified needs: medical transportation, home up-keep, and affordable healthcare. In response to the Senior Care Act cuts we have reduced or cut funding to III B and III E programs not identified as community needs. These monies were then allocated to attendant care and homemaker services in III B and III E to attempt to maintain clients at their current level of care.

CPAAA is actively looking into available grants to fund new programs, supplement current programming, and support current personnel.

DESCRIPTION OF THE AAA AND ITS ACTIVITIES

In addition to Title III federal programs detailed through the plan, CPAAA remains active in other public and private programming. The following are key to this role:

1. SENIOR CARE ACT (SCA) – CPAAA plans to continue its role in the State’s Senior Care Act program. Under this system, a network of providers – both public and private – delivers attendant, homemaker, respite, case management and other services to eligible at-risk clients age 60 and over in Butler, Harvey and Sedgwick Counties. These services have been of great value to hundreds of people in our AAA, and will continue to be provided within funding limitations. A mixture of State, local, client and provider funding makes SCA an ideal program design for cost-effective, market-driven service provision to at-risk people.
2. TARGETED CASE MANAGEMENT – Targeted Case Management for Home & Community Based Services represents the opportunity to work towards a seamless system for the customer.
3. CARE – This program continues to give clients the opportunity to choose whether nursing home placement is really necessary or whether, through a continuum of services, they can remain at home. Our diversion rate is showing that this program does have an impact on where the State is able to put their resources.
4. MILL LEVY – Manage Aging and Physical Disability Mill Levy funds and allocate to Sedgwick County providers. Fund 21 Sedgwick County senior centers, in home and community based programs.
5. SEDGWICK COUNTY TRANSPORTATION – Manage the program and coordinate rides through the Call Center. Sedgwick County Transportation has its own bus and driver to provide rural transportation. Sedgwick County Transportation oversees the Coordinated Transit District (CTD).
6. RSVP PROGRAM – Manage RSVP and coordinate volunteer activity for Sedgwick County non-profit organizations.

CPAAA sponsors Senior Expo. This is an annual event to provide a fun and educational experience making available a variety of programs and services and recreational opportunities. Highlights include health screenings, theme inspired fashion show and a variety of entertainment. This year Senior Expo will be celebrating its 27th year.

CPAAA is involved in a variety of community initiatives that include:

Visioneering Wichita Older Adult Alliance
Visioneering Wichita Mentoring Alliance
Visioneering Wichita Family Alliance
Hoarding Task Force
Health and Wellness Coalition
Aging and Wellness Coalition
Smiles for a Lifetime
Kansas Lifespan Respite
Aging and Disability Resource Center (ADRC)
TRIAD
Kansas Optimizing Health Program (KOHP)
Community Transition Opportunities (CTO)
Local Emergency Planning Committee (LEPC)

DETERMINATION OF UNMET NEEDS/PLANNING

In PSA02 there are approximately 83,000 60+ older adults. The survey was advertised using posters and cards that were available at senior centers, libraries, Butler and Harvey Departments on Aging, and Community Focal points in all three counties. The survey was available on-line at Zoomerang and it also could be completed by phone or paper copies of the survey were available. Four hundred and seventy two surveys were completed. Of the respondents 17 were 54 or younger, 40 were between 55-60, 58 were between 61-65, 76 were between 66-70, 96 were between 71-75, 82 were between 76-80, and 93 were 81+. Women made up 75% of the respondents with the remaining 25% being men. The majority of respondents were either married (39%) or widowed (38%). Most respondents were Caucasian (82%) and lived in an urban area (83%).

Unit Cost:

The unit cost for the following services range from \$1.00 to \$1,000.00 depending on the program.

Senior concerns identified from survey needed in the next five years:

Transportation – 12%
House cleaning – 31%
Laundry – 15%
Help with home upkeep/yard work – 45%
Meal preparation – 17%
Recreation – 4%
Health insurance information – 5%
Personal care – 4%

According to our Information & Assistance Specialist the following items are regularly expressed as unmet needs:

DENTAL:

\$70-\$2000+ – 60 calls per month

24 HOUR CARE:

\$150-\$480 per day – 20 calls per month

SENIOR CARE ACT (CURRENTLY ON WAITING LIST)

\$14-\$17 per hour – 200 calls per month

OVERNIGHT RESPITE CARE:

\$14-\$20 per hour – 20 calls per month

AFFORDABLE PRESCRIPTION MEDICATION:

Varies by prescription – 20 calls per month

MOWING OR SNOW REMOVAL (SEASONAL):

\$10-\$20 per hour – 80 calls per month in season

HANDYMAN TYPE REPAIRS:

Varies by repair – 80 calls per month

TRANSPORTATION:

Varies by trip – 40 calls per month (non-medical)

80 calls per month (medical)

PUBLIC HEARINGS ON THE AREA PLAN, UPDATE, AND REVISIONS

A public hearing was held on May 16, 2012 at Sedgwick Senior Center, 107 W. 5th, Sedgwick, KS 67135. The public hearing was advertised in the El Dorado Times, the Newton Kansan, and the Wichita Eagle. There were 45 people in attendance and no changes were made to the proposed area plan. The Council reviewed and approved the FY 2013 Area Plan at the May 16, 2012 meeting.

COMMUNITY FOCAL POINTS

County	Urban (U)/ Rural (R)	Location*	Name, Address of Focal Point	Type of Facility
Butler	R	5	Augusta Senior Center, 640 Osage, Augusta, KS	Senior Center
	R	5	Butler County Dept. on Aging	Agency
	R	5	El Dorado Senior Center, 210 E. 2 nd , El Dorado, KS	Senior Center
Harvey	R	5	Halstead Senior Center 523 Poplar, Halstead, KS	Senior Center
	R	2	Harvey County Dept. on Aging	Agency
	R	2	Newton Area Senior Center, 122 E. 6 th , Newton, KS	Senior Center
Sedgwick	R	5	Cheney Senior Center, 516 N. Main, Cheney, KS	Senior Center
	U	3	Senior Services, Inc., 200 S. Walnut, Wichita, KS	Senior Center/Agency
	U	5	Linwood Senior Center, 1901 S. Kansas, Wichita, KS	Senior Center
	U	5	Orchard Park Senior Center, 4808 W. 9 th , Wichita, KS	Senior Center
	U	3	Northeast Senior Center, 2121 E 21 st , Wichita, KS	Senior Center
	U	5	Derby Senior Center, 611 W. Mulberry, Derby, KS	Senior Center
	U	5	Haysville Senior Center, 160 E. Karla, Haysville, KS	Senior Center
	U	1	Park City Senior Center, 6110 N. Hydraulic, Park City, KS	Senior Center

*Located in area of (list all numbers that apply):

1. Low Income
2. Minority
3. Low Income Minority
4. Limited English Proficiency
5. None of the above

PROGRAM SERVICE GOALS

III B - Support Services

Service: Newspaper

Goal: To publish a monthly newspaper with unique content of special interest to older adults and mailed free to people 55 and older living in Butler, Harvey and Sedgwick Counties.

Steps of Achievement: Approximately 53,000 papers will be mailed monthly.

Evaluation: Five percent of the readership will be surveyed to find if the information was valuable. 60% of readers responding to a survey will indicate they find the information provided in Active Aging newspaper was informative.

Service: Information and Assistance

Goal: To be a recognized resource for older adults 60 years of age and older for information and assistance in order to improve the quality of their chosen lifestyle.

Steps of Achievement: I & A staff will attend health fairs, provide information at area conferences, and present at local organizations and civic groups. Information will be sent to the home upon request. I & A staff will meet with people in their office to provide one-on-one assistance.

Evaluation: A one percent increase in I & A units provided each year will be tracked using the OAA final program report.

Service: Legal Assistance

Goal: To provide legal advice, counseling, and representation provided by an attorney and to oversee actions and/or behavior of a client to safeguard his/her rights and interests. The targeted population will be persons age 60 and older that are in the greatest social and economic need.

Steps of Achievement: Attorneys will meet with clients on an individual basis to provide them with essentials for planning for: future incapacity, obtaining financial or medical services essential to their health and well-being, or counseling that preserves their limited financial assets or stops their physical or emotional abuse.

Evaluation: CPAAA will utilize Kansas Legal Services' report to measure the achievement due to the confidentiality of their clients. 60% of seniors served by this program will obtain information essential for planning for future incapacity.

Service: In-Home

Goal: To keep older adults in their homes by providing attendant care and homemaker services when transitioning from hospital to home.

Steps of Achievement: Case manager will complete the UAI to determine what services are needed to insure maximum safety and independence of the older adult. Case manager will

provide ongoing monitoring of services.

Evaluation: As a result of receiving in-home care when transitioning from hospital/nursing home to home 70% of consumers will not be rehospitalized. A survey will be provided at the end of services.

Service: Program Development

Goal: To search out new and innovative programs and/or activities to enhance the health and well-being of older adults in Butler, Harvey, and Sedgwick Counties.

Steps of Achievement: CPAAA staff will look for programs and trainings that will pertain to older adults and aging professionals and provide that information to the community through workshops, presentations, or service related projects.

Evaluation: Data collected by CPAAA will show that 75% of seniors and aging professionals that attend any of the programs, trainings, or participate in a service related project found the information to be valuable

Service: Supervision

Goal: Provide bill paying and other financial management services, utilizing trained volunteers, to older adults in their own home to allow them to live as independently as possible.

Steps of Achievement: The training of volunteers will occur throughout the year. The volunteer will meet monthly, or as needed, to help the client with bill paying and/or other financial management activities.

Evaluation: Data collected by CPAAA will show that 100% of seniors served by this program will obtain financial management assistance essential to their welfare.

Service: Assessment

Goal: To provide comprehensive assessment to assist older adults and their families to make choices that will allow them to remain in the community.

Steps of Achievement: An intake will be completed by the Intake Specialist. Client Service Administrator will assign an assessor to complete the UAI.

Evaluation: CPAAA will administer a random survey. 70% of seniors that were assessed will report they were able to remain in the living arrangement of their choice for three months or longer.

Service: Case Management

Goal: Case management services will be provided to assist older adults and their families access resources and information in order to assist them in making choices that will allow them to remain in the living arrangement of their choice.

Steps of Achievement: Case managers will meet with consumers and their families to determine what services will meet their functional need. Ongoing monitoring will be done as needed to meet the need of the consumer. Referrals will be made to other services as needed.

Evaluation: CPAAA will administer a random survey. 70% of senior who receive case management were able to remain in the living arrangement of their choice for six months or longer.

Service: Repair/Maintenance/Renovation (Minor Home Repair)

Goal: To assist older adults to remain independent in their homes by providing accessibility and safety modifications to their living environment.

Steps of Achievement: Referrals are received from case managers, community organizations, and families. When a referral is made a contractor is contacted to evaluate the requested modification and upon approval of program manager the job is scheduled and completed.

Evaluation: CPAAA will complete a random satisfaction survey. 90% of older adults will report that their needs were met with the modification made to their living arrangement.

III C-1 – Nutrition

Service: Congregate Meal

Goal: To provide quality nutrition services to eligible persons in a congregate setting.

Steps of Achievement: Congregate meals will be provided in the tri-county area. A balanced meal consisting of 1/3 of the RDA will be served five days a week.

Evaluation: 60% of those receiving a daily meal will report on a survey that their quality of life has changed positively since attending a senior dining center.

III C-2 – Nutrition

Service: Home Delivered Meal

Goal: To provide a nutritional meal to older adults who are homebound and have high nutritional risk scores.

Steps of Achievement: There are four home delivered meal providers in the tri-county. This provides a broad coverage of balanced meals delivered five days a week.

Evaluation: An annual assessment conducted by CPAAA will show that 100% of eligible participants will receive a meal consisting of 1/3 of the RDA.

III D – Disease Prevention/Health Promotion Services

Service: Physical Fitness

Program Name: Strong Women Stay Young - Miriam E. Nelson's research created worldwide news when the results were published in the Journal of the American Medical Association. - Meets minimal criteria.

Goal: Exercise helps keep older adults flexible and healthy both physically and mentally with the overall outcome being that the individual will remain independent for a longer period of time.

Steps of Achievement: Strong Women Stay Young strength training sessions are held once a week in Butler County at Senior Centers and senior residences.

Evaluation: A survey of attendees will show that 75% of participants will demonstrate increased balance, stamina, and flexibility measured by a fitness assessment.

Service: Physical Fitness

Program Name: Arthritis Foundation Tai Chi program - Led by certified instructors, the one-hour classes are designed to be relaxing and enjoyable. - Meets minimal criteria.

Goal: Provide training and exercise for persons over 60 in Harvey County who will benefit from increased strength, improved flexibility and better balance.

Steps of Achievement: A total of 40 classes will be provided.

Evaluation: A survey of attendees will show that 80% of participants will report increased balance, strength, and flexibility.

Service: Physical Fitness

Program Name: Arthritis Foundation Walk With Ease program - A six week series led by a certified leader. - Meets highest level criteria.

Goal: Provide training and exercise for persons over 60 who will benefit from increased balance, strength and walking pace.

Steps of Achievement: A total of 126 classes will be provided.

Evaluation: A survey of attendees will show that 80% of participants will report increased balance, strength, and walking pace.

Service: Health Promotion

Program Name: Kansans Optimizing Health Program (KOHP) - KOHP is known nationally as the Chronic Disease Self-Management Program developed at Stanford University. - Meets highest level criteria.

Goal: To provide education and information which will increase participant's ability to be effective in self-managing their chronic disease.

Steps of Achievement: HCDOA will facilitate two KOHP classes in Harvey County. CPAAA will facilitate three KOHP classes in Sedgwick County.

Evaluation: 80% of class members will report that they have benefited from the class by learning several ways in which they can be more effective self-managers.

Service: Health Promotion

Program Name: Diabetes Self Management Education - Meets highest level criteria.

Goal: Diabetes Educator will conduct Diabetes Education to ensure that persons with pre-diabetes and diabetes receive the education on how to manage their disease.

Steps of Achievement: Diabetes educational classess (four - eight week sessions) will be provided to persons with pre-diabetes and diabetes in order to understand how to self-manage disease.

Evaluation: Individual will demonstrate knowledge of diabetes and how to manage the disease by completing a questionnaire.

III E – Family Caregiver Support Program

Service: Respite

Goal: To provide the primary caregiver a brief period of relief or rest from caregiving duties.

Steps of Achievement: Respite care would be provided in the home of the care recipient as needed. Respite would be provided in the caregiver's location of choice such as adult day care, nursing home, or another location acceptable to the caregiver.

Evaluation: A sample number of participants will be surveyed. 80% of the caregivers surveyed will report physical, emotional and mental relief from caregiving duties.

Service: Assistance

Goal: To provide caregivers with one-on-one contact either by phone or in person to assess the needs of the caregiver and their caregiving situation.

Steps of Achievement: Caregiver information will be provided as needed for each caregiving situation.

Evaluation: At the completion of the one-on-one contact the caregiver will be asked if the assistance they received was beneficial. 70% of the persons who receive the assistance will indicate that they will be able to make more informed choices about caregiver issues.

Service: Information

Goal: To provide caregivers with current information about services available in a group setting.

Steps of Achievement: Information about caregiving will be provided at health fairs, presentations to social organizations, civic groups, and employer/employee groups.

Evaluation: A survey will be administered at the end of each presentation. 75% of the persons who attend will indicate that their knowledge of caregiving resources has increased.

Service: Support Group

Goal: To provide caregivers with emotional and stress relieving support in a group setting.

Steps of Achievement: Support groups will be provided in the tri-county area monthly to provide emotional support to caregiver and a time to learn and share with other caregivers.

Evaluation: A survey will be administered with 80% of the caregivers reporting the support group promoted physical, emotional, and/or mental improvements.

Service: Counseling

Goal: Provide information and problem solving support to caregivers with the objective of reducing caregiver stress and providing a higher quality of life for the older adult there by reducing the likelihood of nursing home placement.

Steps of Achievement: Counseling would be provided on a one-on-one basis by a licensed mental health professional at caregiver's location of choice.

Evaluation: A survey will be administered with 90% of the individuals reporting physical, emotional, and/or mental improvement.

Service: Transportation

Goal: To provide assisted transportation to care recipients to relieve their caregivers of this

responsibility and provide temporary relief.

Steps of Achievement: Transportation is provided to care recipients in Sedgwick County to help with transporting to medical appointments and for caregivers visiting care recipient in a nursing home or hospital.

Evaluation: CPAAA will administer a survey. 95% of caregivers who utilize this program will feel a sense of relief from the difficulty of transporting a loved one in the caregiver's own vehicle.

Service: Attendant Care

Goal: Relieve the caregiver of providing personal care such as bathing or toileting for the care recipient.

Steps of Achievement: A case manager will help the caregiver identify what service is needed to reduce the caregiver's tasks in providing personal care and arrange for formal attendant care services to meet those needs.

Evaluation: CPAAA will administer a survey. 70% of caregivers will report that attendant care tasks provided are meeting the needs of the care recipient.

Service: Homemaker

Goal: Relieve the caregiver of providing housecleaning, laundry, and other related tasks for the care recipient.

Steps of Achievement: A case manager will help the caregiver identify what service is needed to reduce the caregiver's tasks in providing homemaker services and arrange for housekeeping services to meet those needs.

Evaluation: CPAAA will administer a survey. 70% of caregivers will report that homemaker tasks provided are meeting the needs of the care recipient.

PSA:#
DATE: 7/27/2012

MULTIPURPOSE SENIOR CENTER INVENTORY FORM
 Multipurpose Senior Centers Acquired or Constructed Using Older Americans Act Funds

Name and Address of Grantee	Name and Address of Senior Center	Name and Address of Present Owner (if different from Grantee)	Nature of Award (Acquired (A) or Constructed (C))	Date of Award	Amount of Award	Proportion of Award to Entire Project	Date Reversionary Interest Expires

KDOA #560 (3/09)

FINAL NARRATIVE REPORT

AREA PLAN REVIEW CHECKLIST

AAA	KDOA	No.	
		1.	Is the plan typed?
		2.	Type of Application submitted: <i>o</i> Original <i>o</i> Annual Update
		3.	Transmittal Letter
		4.	Application for Grant Award—Includes name of applicant agency and date
		5.	Electronic submission
		6.	Verification of Application—Original signatures and date. Must be signed by the Area Agency Director, Chairperson of the Area Agency Advisory Council or Governing Board, and the legally authorized official of the governing body; Has a current "Authority to Sign" document been submitted to KDOA?
		7.	Certification Regarding Lobbying – Original signature
		8.	Older Americans Act Assurances of Compliance – Original signature
		9.	Assurance of Compliance Under Title VI of the Civil Rights Act of 1964 – Original signature. Note: If there are no changes to the Assurances, do not resubmit.
		10.	Subaward and Executive Compensation Information
		11.	Direct Service Waiver(s)
		12.	Determination of Needs —Description of the needs and input of the seniors
		13.	Area Agency's Priorities
		14.	Description of the AAA and its Activities—A narrative description of <u>all</u> AAA activities. Includes all 3 elements (Goals; Steps for Achievement; Evaluation)
		15.	Determination of Unmet Needs/Planning - Includes all 3 elements
		16.	Public Hearings on the Area Plan—Narrative description of public hearings
		17.	Community Focal Points
		18.	Program Service Goals a) Separate Program Service Goal for each service funded through OAA. b) Incorporates all 3 elements in each Program Service Goal
		19.	Multipurpose Senior Center Inventory – Form 560
		20.	Final Narrative Report
		21.	Submittal date and PSA # in the upper right-hand corner of each page?
		22.	Pages numbered.
		23.	Signatures where required.
			Program Characteristics—Nutrition: Submit all program characteristics (meal outputs) forms and program characteristics summary form with each proposed area plan update and each proposed area plan revision
		24.	Schedule A – Annual Budget Summary
		25.	Schedule A1 – Statement of Federal Unawarded Funds
		26.	Schedule AAA - Area Plan Administration Annual Budget
		27.	Schedule B – Title III-B Supportive Services Annual Budget
		28.	Schedule C(1) and C(2) – Title III-C Nutrition Services Annual Budget
		29.	Schedule D – Title III-D Disease Prevention and Health Promotion Annual Budget
		30.	Schedule E – Title III-E Caregivers Services Annual Budget
		31.	Schedule 2 – Capital Cost Justification Schedule (Not required)
		AAA Reviewer Signature:	
		Date:	7/27/2012

**KANSAS DEPARTMENT ON AGING
DIRECT SERVICE WAIVER REQUEST**

Area Agency on Aging: Central Plains FY: 2013

Date Submitted: 7-27-2012

Service/Activity: III D Physical Fitness Area Plan Page Number: _____
(only one service/activity per waiver request)

Part A: Reason for Request:

The Area Agency on Aging requests a waiver to deliver services directly for the following reason (please check at least one):

1. The direct provision of such services is necessary to assure an adequate supply of such services.

2. Services of comparable quality can be provided more economically by the area agency.

Part B: Description of Service Delivery Mechanism(s)

(Include geographical area to be served and period of time waiver will be in effect.)

Our staff community nurse is able to provide this service in Butler, Harvey and Sedgwick.

The waiver will be in effect for FY2012.

Part C: Describe Lack of Adequate Supply of Service

(Required if number 1 in Part A is checked. Documentation of the AAA's program development and procurement process is required.)

Part D: Cost-Benefit Analysis

(Required if number 2 in Part A is checked. Documentation that services of comparable quality can be provided more economically by the area agency is required.)

CPAAA has a Community RN on staff who is able to provide Physical Fitness and Exercise Programs. She provides ongoing programs at senior centers. Specifically she will conduct the Walk With Ease walking program along with other exercise sessions.

Part E: Signature

Signature of Area Agency on Aging Director

7-27-2012

Date

Tim R. Norton, Chairman
Sedgwick County Board of County Commissioners
2nd District

Date

ATTEST:

Kelly B. Arnold
County Clerk

Date

APPROVED AS TO FORM:



Bill Raymond
Assistant County Counselor

6-1-2012

Date