

AREA PLAN ON AGING

FOR

FISCAL YEAR 2016

Central Plains Area Agency on Aging

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Submitted by:  
(Name of Agency)



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(Signature of Director)

7-30-15

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(Date)

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APPLICATION FOR GRANT AWARD  
TO

THE KANSAS DEPARTMENT FOR AGING AND DISABILITY SERVICES

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, Suite 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 ☐ Revision

3. DATES OF AREA PLAN FISCAL YEARS

FROM: 2014 TO: 2017

4. DATE OF GRANTEE PERIOD (BUDGET YEAR)

FISCAL YEAR 2016

5. OFFICIAL AUTHORIZED TO SIGN FOR GRANTEE ORGANIZATION

Name: Richard Ranzau  
Address: 525 N. Main

Title: Chair, 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 2016 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 for Aging and Disability Services, 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, 2015 through September 30, 2016. 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 rules 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.

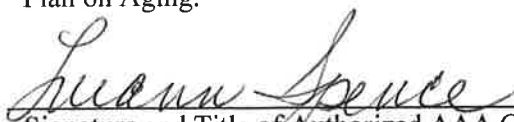


Signature of Area Agency Director

7-30-15

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

6/8/2015

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

  
Annette Graham  
Authorized Signature

Executive Director  
Title

7-30-15  
Date

**OLDER AMERICANS ACT ASSURANCES OF COMPLIANCE**

Central Plains  
(Name)  
**AREA AGENCY ON AGING  
AND  
KANSAS DEPARTMENT FOR AGING AND DISABILITY SERVICES**

The Central Plains Area Agency on Aging ("AAA") assures the Kansas Department for Aging and Disability Services ("KDADS") 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 KDADS 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 KDADS 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 KDADS, 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; KDADS'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, KDADS shall internally review the action of KDADS, 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. KDADS 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 KDADS 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 KDADS which KDADS, 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 KDADS.



C. Roles During Appeal Process: KDADS's Handling of Appeals; AAA, Subgrantee and Contractor Assistance. KDADS and the AAA, Subgrantee, or Contractor whose action is being appealed shall have separate roles during the appeals process. KDADS 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 KDADS, and in the AAA's subgrants and contracts shall require its Subgrantees and Contractors to be responsible for assisting KDADS by supplying KDADS with the testimony and documentation which KDADS deems necessary to defend the appeal. The AAA shall provide KDADS, and in the AAA's subgrants and contracts will require its Subgrantees and Contractors to provide KDADS 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 KDADS decides not to appeal. The AAA shall be responsible for presenting its own case on appeal and KDADS 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. KDADS has the right to take whatever action is necessary to protect KDADS's interests while the AAA makes its appeal.

  
\_\_\_\_\_  
Signature of Authorized Official  
of the Grantee Organization

Executive Director  
\_\_\_\_\_  
Title

7-30-15  
\_\_\_\_\_  
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 for Aging and Disability Services (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.

	Executive Director	7-30-15
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 for Aging and Disability Services.

PSA:# 02  
DATE: 7-30-15

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### **DIRECT SERVICE WAIVERS**

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

If an 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 (KDADS 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.

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## DETERMINATION OF NEEDS

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### Determination of Needs

Multiple methods were used to assess needs in the Central Plains Area Agency on Aging (CPAAA) service area. These included: review of Older American Act (OAA) mandates; review of Kansas Department for Aging and Disability Services (KDADS) area plan application for fiscal years 2014-2017 (dated March 29, 2013); Kansas Department of Health and Environment (KDHE) Kansas Health Matters Site (2015); United Way of the Plains Environment Scan (dated 2013); Sedgwick County Health Department Needs Assessment (dated 2012); and a CPAAA survey of 216 citizens in the planning service area (PSA) 02. Each source will be highlighted in the following paragraphs.

#### Older Americans Act

While the OAA stresses that all adults age 60 and older are eligible for services, title III of the act requires prioritization of individuals with the “greatest economic and social need.” The OAA further defines this need as including individuals: “living below the poverty threshold; having physical or mental disabilities that pose a risk for institutional placement; or cultural, social, or geographic isolation, including isolation caused by language (limited English proficiency), race or ethnic status.”

#### Kansas Department for Aging and Disability Services

KDADS has mandated that OAA title III-B funds be allocated in the following ways: access services (assessment and case management), 9 percent; in-home services (attendant care, homemaker, and repair/maintenance/renovation), 20 percent; legal services, 5 percent, and any one or combination of the preceding, 5 percent. Title III-E funds should be allocated in the following ways: information, 7 percent; assistance, 7 percent; support groups, 5 percent; respite, 15 percent; and supplemental services for caregivers, 5 percent.\*

#### Kansas Department of Health and Environment

KDHE created the Kansas Health Matters website for obtaining indicator tracking information on a number of health and related demographics. Comparisons involving Butler, Harvey and Sedgwick counties indicate moderate levels of immunizations for influenza each year, as well as moderate rates of asthma, osteoporosis, heart disease, hypertension, heart failure, depression, diabetes, and chronic obstructive pulmonary disease. A key area where trends appear less than positive concern percentage of the population with Alzheimer's Disease and access to grocery stores.

#### United Way of the Plains Environmental Scan

In a review of counties served by CPAAA in 2013, the United Way survey of community leaders, agency executives, and community respondents identified the following concerns for older adults: the in-home needs of frail and homebound older adults; the increasing cost of health care for seniors; need for end of life palliative care; increasing crime and elder abuse; and grandparent caregiving.

#### Sedgwick County Health Department

In their 2012 report, the Sedgwick County Health Department provided information on the following concerns: 73.6 percent of older adults were not getting the recommended number of fruit and vegetable servings for a well balanced diet; 61.5 percent were not getting enough physical activity; and 61 percent were obese by medical standards. Further, 5.3 percent of older adults reported that their mental health was “not good” in the preceding 30 days and 3.2 percent reported binge drinking.

#### Central Plains Area Agency on Aging Needs Assessment

In the spring of 2012, CPAAA conducted a survey drawing heavily upon awareness created through articles in the Active Aging newspaper and distribution through 14 community focal points and libraries in Butler, Harvey, and Sedgwick counties, and an online survey site (Zoomerang). Interested persons could complete the survey online, could request and receive a paper copy to complete and return, or they could phone their perceptions into the CPAAA information and referral/assistance (I&R/A) telephone line. There were 216 survey respondents. Butler and Harvey County were oversampled, due to their smaller population size: 13 percent Butler county respondents (compared to comprising 11.7 percent of the PSA population); 15 percent Harvey county respondents (compared to 7.5 percent of the PSA population). While 6 percent of respondents were caregivers under age 60, there was an almost one-third split between the age categories of 60 to 69, 70 to 79, and 80 and older. Survey respondents were slightly skewed in favor of females (69 percent, versus 56.5 percent in the total PSA population age 60 and older). A majority of respondents were Caucasian; 6 percent reported Hispanic/Latino identification; 4 percent reported Native American heritage; and 2 percent reported African American heritage.

When asked to identify what they perceived to be the greatest service needs in the CPAAA PSA, there was a virtual tie for the number 1 position: cost of food (43 percent) and cost of medicine (42 percent). Concerns related to the cost of food are addressed by CPAAA through grants for congregate and home delivered meal programs. By accessing these meals, it helps the individual off set some costs so they have more money available for other life needs. As well, involvement with the Farmer’s Market program helps provide older adults with lower cost fruits and vegetables (thus addressing a concern identified in the Sedgwick County Health Department data). Concerns related to the cost of medicine are addressed by CPAAA through the provision of Medicare Part D counseling that has helped many find low cost prescription drug coverage. I&R/A staff also help direct concerned individuals to area programs (Medical Service Bureau) that can occasional help with purchase of prescriptions and application for pharmaceutical programs for low income individuals.

The number 2 priority identified in the survey was health and physical fitness services (33 percent). CPAAA has a long standing history of promoting health and wellness programs and events. Each fall, CPAAA’s regional Senior Expo provides a variety of health screenings including cholesterol, blood sugar, blood pressure, prostate, skin cancer, varicose veins, oral health, and osteoporosis. CPAAA’s community health nurse (who is a certified diabetes educator) provides health and wellness education throughout the PSA. The staff nurse also provides consultation to providers, clients, and care managers as needed. OAA III-D funds help support physical fitness programs at senior centers and meal sites in Butler, Harvey, and Sedgwick counties.

The number 3 priority identified in the survey was upkeep of the home and/or yard (32 percent). CPAAA addresses this need in a variety of ways: helping individuals get started with services under the Senior Care Act; helping individuals get qualified for Medicaid and possible home and community based services (HCBS) waiver services; OAA III-B funding for minor home repair (in Sedgwick County, also funded through a mill levy); and use of OAA III-B funding for homemaker services to assist those recently discharged from a hospital or skilled nursing home.

In the previous 2008 survey conducted by CPAAA (using a similar methodology), the top three priorities were: transportation (both medical and general); upkeep of the home; and affordable health care. In general, the issues of affordability of health care and upkeep of the home coincide with the new survey priorities 1 and 3. The previous survey emphasis on transportation appears to have had a positive impact. Transportation needs were addressed through a variety of programs. These include the Sedgwick County Transportation brokerage which provides medical transportation at a flat rate. CPAAA allocates funds to the program to provide transportation for caregivers and care recipients on a donation only basis. The Retired Senior Volunteer Program (RSVP) provides transportation for rural seniors for medical, social, and other errands. This is coordinated through the rural senior centers. In Butler County, the Department on Aging provides transportation for a flat rate throughout the entire county. In Harvey County, the Interurban program provides transportation for medical, social, and other errands. Efforts will continue to be directed toward this need in the future to prevent any deterioration in services.

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\*Section 3.8 of the KDADS field service manual defines supplemental services as “Group I” services that include: “attendant and/or personal care, bathroom items, chore, flex service, homemaker, repair/maintenance/renovation, and transportation.” CPAAA makes these services available through the III-E caregiver program, but has never previously allocated them as a separate category.

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## AREA AGENCY'S PRIORITIES

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Two themes will influence the work of CPAAA during fiscal years 2014 to 2017: evidence based programs and person centered assistance during key transition points in the senior's life. Both themes have been emphasized by the Administration for Community Living (ACL) and the Centers for Medicare and Medicaid (CMS). The way in which these themes will be implemented is discussed in the following paragraphs in the context of the key concerns identified in the Determination of Needs section of this area plan.

The 2012 survey conducted by CPAAA identified the following priority concerns: cost of food and cost of medication; health and physical fitness; and home and/or yard upkeep. As well, the survey found that while only 28 percent of individuals age 60 and older had or were using some type of "aging" service, a vast majority, 73 percent, indicated they would use services if it would help them remain in their home.

OAA title III-C funding for congregate and home delivered meals helps address concerns about the cost of food. CPAAA will work with the nutrition providers to help them explore ways to reduce meals costs and employ evidence based practices. Emphasis on the issue of adequate nutrition is also in keeping with results from the Sedgwick County Health Department assessment which found that a majority of older adults are not getting diets balanced with fruits and vegetables, and with the Kansas Department of Health and Environment's Kansas Health Matters data indicating concerns about the percentage of older adults in the CPAAA area who do not have good access to a grocery store.

CPAAA has a long standing history of working with KDADS and the local extension service to provide SHICK counseling, with emphasis on Part D. Continued work in this area will help address survey concerns about the cost of medications.

Regarding the survey emphasis on health and fitness, in addition to actions noted in the Determination of Need section, CPAAA will be pursuing new evidence based practices related to falls, A Matter of Balance. Falls and resulting fractures increase with age and become a significant factor triggering hospitalization. Overall encouragement of physical activity is important to promote general wellness, and to address a concern identified in the Sedgwick County Health Department assessment regarding high rates of obesity among older adults.

The third key concern identified in the 2012 CPAAA survey was the need for help and assistance with home and/or yard upkeep. In the spring of 2012, CPAAA refocused the OAA III-B attendant care and homemaker funding to be used for individuals discharged from hospitals or skilled nursing facilities. For a period not to exceed 90 days following the hospitalization, the individual can receive a mixture of attendant care, homemaker services, and care management. This redirection of funds supports ACL and CMS concerns regarding the high costs associated with unnecessary re-hospitalizations, over \$26 billion nationwide. OAA III-E funds can help support this goal as well. Caregivers often face unique stresses when their care recipient returns home after a hospitalization.

In these challenging economic times, it is important for CPAAA to ensure that all funds are expended conscientiously, in keeping with local needs and national priorities. Being a good steward of tax dollars is an expectation of the CPAAA Advisory Council and the Sedgwick County Board of County Commissioners.

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## DESCRIPTION OF THE AAA AND ITS ACTIVITIES

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The CPAAA was born out of a spirit of cooperation. After the 1973 federal amendments to the OAA which created a national network of local agencies, the county commissions in Butler, Harvey and Sedgwick executed an inter-local agreement to form CPAAA. For almost 40 years, CPAAA has assisted older adults and their caregivers in navigating life transitions.

The CPAAA mission statement is “assisting seniors, caregivers, and individuals with disabilities to achieve improved health and greater independence.” The mission is integrated with the vision statement: “We envision a community that empowers and supports individuals to live and age with dignity and choice.” CPAAA prohibits discrimination on the basis of age, race, color, national origin, disability, sex, marital status, religion, sexual orientation, genetic information, and/or political beliefs.

CPAAA supports its activities with a range of public and private programming.

- Older Americans Act (OAA) – The basis of this plan is to describe how CPAAA will utilize future OAA funds. Regarding OAA Section 306(a)(6)(C)(i) and (ii), CPAAA refers older adults caring for relatives who are children to the Kansas Children Service League for assistance. Regarding nutrition education, CPAAA supports this through grant requirements for OAA III-C providers, public events such as the Senior Expo, and diabetes education classes provided by the CPAAA staff nurse.
- Senior Care Act (SCA) – CPAAA is an active participant in the state’s SCA program. This program relies upon a network of providers (public and private) to provide attendant care, homemaker services, respite, care management, and other services to eligible at-risk clients 60 and older in the tri-county PSA. The mixture of state, local, client, and provider funding makes SCA a cost-effective, market driven service.
- Aging and Disability Resource Center (ADRC) – CPAAA services as the statewide call center for ADRC I&R/A services. The program began with an emphasis on helping individuals on the state’s Medicaid program transition to the KanCare program and their related selection of the managed care organization to oversee their care. The ADRC contract also includes CPAAA staff performing the functions of nursing home preadmission assessment screenings (CARE), and functional eligibility assessments for KanCare.
- Mill Levy – The Sedgwick County Department on Aging oversees the aging mill levy funds for Sedgwick County. This mill levy also funds the 21 senior centers in the county, as well as in-home services (SCIP). Butler County and Harvey County also have mill levy programs and use those funds, in part, as match for their OAA funding related to III-B.
- RSVP Program – The Sedgwick County Department on Aging manages and coordinates volunteer activity for Sedgwick county non-profit organizations.
- Senior Expo – CPAAA sponsors an annual Senior Expo. The event is designed as a social and educational experience, making available a variety of programs, services, and recreational opportunities. Health screenings are highlighted, along with a variety of other opportunities. The Senior Expo will be 30 years old in 2015.



- CPAAA provides and coordinates advocacy and is involved in a wide array of community initiatives. A list follows.

- o Aging and Wellness Coalition
- o Community Transition Opportunities (CTO)
- o Health and Wellness Coalition
- o Hoarding Task Force of Sedgwick County
- o Kansas Lifespan Respite Coalition
- o Kansas Optimizing Health Program (KOHP)
- o Kansas University Geriatric Rotation Program
- o Local Emergency Planning Committee (LEPC)
- o Transportable Physician Orders for Patient Preferences (TPOPP)
- o TRIAD (Elder Abuse Coalition)
- o Visioneering Older Adult Alliance
- o Visioneering Mentoring Alliance
- o Visioneering Family Alliance
- o Visioneering Health Alliance

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## DETERMINATION OF UNMET NEEDS/PLANNING

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According to population estimates and projections released by the Wichita State University (WSU) Center for Economic Development and Business Research in 2012, the population age 60 and older in the tri-county PSA is 116,055 in 2015. By the year 2020, the population is projected to increase to 138,476, a 19.3 percent increase. This dramatic increase argues for considerable planning to meet future needs because program funding will not increase by 19.3 percent during this time frame. Therefore CPAAA must focus available funds in ways to have the greatest impact for older adults and the community. The previous section on Area Agency's Priorities described the ways in which funds will be increasingly focused in future years on evidence based programs and person centered assistance during key transition points in the senior's life.

The 2012 CPAAA survey found that only 28 percent of respondents had used any "aging" service. The most frequently cited service used was I&R/A, followed by Medicare counseling, emergency response service, congregate meals, and transportation. A follow up question queried as to the reason for not using any "aging" service. The vast majority, 71 percent, noted that they did not need any service. For the remaining 29 percent who may have had a service need, their responses, in descending order, were: did not know who to contact, services cost too much, assessments ask too many questions, it takes too long to get services, did not want to receive "charity," and no transportation to get to community based programs.

This data help CPAAA understand that to address unmet needs (people not using services they could benefit from), we need continued OAA III-B outreach efforts to promote CPAAA awareness and contact information. This is accomplished, in part, through OAA III-B funding for the Active Aging newspaper and activities of the outreach specialist. This data also point to perception issues that need to be addressed: cost of services and concept of "charity." CPAAA involvement with the ADRC statewide call center resulted in the development of a streamlined intake process that quickly gets individuals directed toward programs they would likely benefit from.

The I&R/A specialists at CPAAA and the ADRC Call Center track unmet needs by callers. The following issues have been frequent for several years:

- in-home assistance - The CPAAA has approximately 100 individuals who would like to receive in-home services under the Senior Care Act. With a cap of \$1,445 per month on services, and assuming all callers needed the maximum, the cost would be \$144,500 per month or \$1,734,000 per year. This calculation includes callers who would be seeking overnight respite assistance. Some callers are only seeking seasonal assistance, such as lawn mowing and snow removal. If the approximately 50 seasonal callers were helped even once at a cost of \$25 per service, this would result in one time additional expenditures of \$1,250.

- affordable housing - The ADRC Call Center receives approximately 50 calls per month from individuals of all ages who are seeking information on affordable housing. Callers are referred to the appropriate Section 8 HUD housing authority for their community, but there are waiting lists for Section 8 housing. It is difficult to estimate the potential cost for meeting this need.

- assistance with dental care – Approximately 50 callers per month express dental needs, with costs ranging from \$70 for basic service, to over \$2,000 for dentures. At a basic service level, to meet this need would cost \$3,500 per month or \$42,000 per year.

- handyman repairs – Approximately 70 callers per month ask for assistance with handy man repairs. Assuming a two hour visit at \$15 per hour would require \$2,100 per month or \$25,200 for the year.

CPAAA tries to assist these individuals with referral to appropriate community based services.

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**PUBLIC HEARINGS ON THE AREA PLAN, UPDATE, AND REVISIONS**

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A public hearing was held on May 20, 2015 at the Central Plains Area Agency on Aging, 2622 W. Central, Wichita, KS 67203. The public hearing was advertised in the El Dorado Times, the Newton Kansan, and the Wichita Eagle. There were 23 people in attendance and no changes were made to the proposed area plan. The CPAAA Advisory Council reviewed and approved the FY 2016 Area Plan at the May 20, 2015 meeting.

**COMMUNITY FOCAL POINTS**

County	Urban (U)/ Rural (R)	Location *	Name, Address of Focal Point	Type of Facility
Butler	R	5	Augusta Senior Center, 620 Osage, Augusta, KS	Senior Center
Butler	R	5	Butler County Department on Aging	Agency
Butler	R	5	El Dorado Senior Center, 210 E. 2nd, El Dorado, KS	Senior Center
Butler	R	5	Andover Senior Center, 410 Lioba Drive, Andover, KS	Senior Center
Harvey	R	5	Halstead Senior Center, 523 Poplar, Halstead, KS	Senior Center
Harvey	R	5	Harvey County Department on Aging, Newton, KS	Agency
Harvey	R	5	Newton Area Senior Center, Newton, KS	Senior Center
Sedgwick	U	5	Cheney Senior Center, 516 N. Main, Cheney, KS	Senior Center
Sedgwick	U	3	Senior Services, 200 S. Walnut, Wichita, KS	Senior Center and Agency
Sedgwick	U	1	Linwood Senior Center, 1901 S. Kansas, Wichita, KS	Senior Center
Sedgwick	U	5	Orchard Park Senior Center, 4808 W. 9th, Wichita, KS	Senior Center
Sedgwick	U	3	Northeast Senior Center, 2121 E. 21st, Wichita, KS	Senior Center
Sedgwick	U	5	Derby Senior Center, 611 W. Mulberry, Derby, KS	Senior Center
Sedgwick	U	5	Haysville Senior Center, 160 E. Karla, Haysville, KS	Senior Center
Sedgwick	U	3,4	LaFamilia Senior Center, 841 W. 21 <sup>st</sup> Street, Wichita, KS	Senior Center
Sedgwick	U	3	McAdams Park Congregate Dining Site, Wichita, KS	Recreation 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

### **Service: 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 55,000 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: Education and Training**

**Goal:** To provide information, assistance, and education through group events, health fairs, and other gatherings

**Steps:** Organize community senior fair, provide speaker's bureau, and other related activities

**Evaluation:** 85% of those receiving information, assistance, and education in this way will report that their needs were met.

#### **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, obtaining financial and medical services essential to their health and well-being or counseling that preserves their limited financial assets,

or stops their physical or emotional abuse.

**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 re-hospitalized. 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: 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 six 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:** Care 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 individuals to improve their nutritional status and their quality of life through a congregate meal 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:** 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 C-2 – Nutrition**

**Service: Home Delivered Meal**

**Goal:** To improve the nutritional status of homebound older adults.

**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**

**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:** The III-D focus in FY 2015 will be implementation of A Matter of Balance in all three counties. This is the highest tier evidence based practice.

**Evaluation:** CPAAA will survey a sample of attendees. 80% of the people surveyed will answer that they were able to remain active and physically fit for a longer period of time.

**Service: Medication Management**



Goal: To establish the evidenced based HomeMeds program in the CPAAA service area

Steps of Achievement: Establishing the HomeMeds program (highest tier evidenced based program) will include having care management staff trained by the company on the software program and establishing a linkage with pharmacy personnel who will help in results evaluation.

Evaluation: Evidenced based data from HomeMeds indicates that approximately 50 percent of clients will have medication issues that need to be resolved with the physician.

**Service: Health Promotion**

**Goal: To maximize clients understanding of steps they can take to improve their health.**

**Steps of Achievement: Kansas Optimizing Health (KOHP; highest tier evidence based practice) will be offered in Harvey County. CPAAA will provide the American Association of Diabetes Educator's Self Management Program (highest tier evidence based practice). The classes incorporate health screenings for blood pressure and glucose levels. Programs will be organized in smaller rural communities throughout PSA 02, and there will be emphasis on medically underserved area, low income individuals, and persons from diverse racial and ethnic groups.**

**Evaluation: Consumers will verbalize steps they can take to improve their health.**

### **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: CPAAA staff will provide caregiver information 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: CPAAA will administer a random sample survey with 90% of the individuals surveyed will report satisfaction and a better ability to deal with caregiving issues.**

**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: CPAAA will conduct a survey. 90% of the individuals surveyed will report satisfaction and a better ability to deal with caregiving issues.**

**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. 100% 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. 90% 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. 90% of caregivers will report that homemaker tasks provided are meeting the needs of the care recipient.

**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
None							

KDADS #560 (3/09)

PSA:# 02  
DATE: 7-30-15

## FINAL NARRATIVE REPORT

An alternative (fillable) format for this page is posted on KDADS Provider Information Resource Site under OAA Forms.

Not due until October 2015

### AREA PLAN REVIEW CHECKLIST

AAA	KDADS	No.	
Yes		1.	Is the plan typed?
Yes		2.	Submittal date and PSA # in the upper right-hand corner of each page?
Yes		3.	Pages numbered.
Yes		4.	Signatures where required.
Annual Update		5.	Type of Application submitted: <input type="radio"/> Original <input type="radio"/> Annual Update
Yes		6.	Transmittal Letter
Yes		7.	Application for Grant Award—Includes name of applicant agency and date
Yes		8.	Electronic submission
Yes		9.	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 KDADS?
Yes		10.	Certification Regarding Lobbying – Original signature
Yes		11.	Older Americans Act Assurances of Compliance – Original signature
Yes		12.	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.
Yes		13.	Subaward and Executive Compensation Information
Yes		14.	Direct Service Waiver(s)
Yes		15.	Determination of Needs —Description of the needs and input of the seniors
Yes		16.	Area Agency's Priorities
Yes		17.	Description of the AAA and its Activities—A narrative description of <u>all</u> AAA activities.
Yes		18.	Determination of Unmet Needs/Planning - Includes all 3 elements
Yes		19.	Public Hearings on the Area Plan—Narrative description of public hearings
Yes		20.	Community Focal Points
Yes		21.	Program Service Goals a) Separate Program Service Goal for each service funded through OAA. b) Incorporates all 3 elements in each Program Service Goal
Yes		22.	Multipurpose Senior Center Inventory – Form 560
NA		23.	Final Narrative Report
Yes		24.	Program Characteristics—Nutrition: Submit all program characteristics (meal outputs) forms and program characteristics summary form with <b>each</b> proposed area plan <b>update</b> and <b>each</b> proposed area plan <b>revision</b>
Yes		25.	Schedule A – Annual Budget Summary
Yes		26.	Schedule A1 – Statement of Federal Unawarded Funds
Yes		27.	Schedule AAA - Area Plan Administration Annual Budget
Yes		28.	Schedule B – Title III-B Supportive Services Annual Budget
Yes		29.	Schedule C(1) and C(2) – Title III-C Nutrition Services Annual Budget
Yes		30.	Schedule D – Title III-D Disease Prevention and Health Promotion Annual Budget
Yes		31.	Schedule E – Title III-E Caregivers Services Annual Budget
NA		32.	Schedule 2 – Capital Cost Justification Schedule (Not required)
AAA Reviewer Signature:			
Date:			7-30-15

\_\_\_\_\_  
Richard Ranzau, Chairman  
Sedgwick County Board of County Commissioners  
4<sup>th</sup> District

\_\_\_\_\_  
Date

ATTEST:

\_\_\_\_\_  
Kelly B. Arnold  
County Clerk

\_\_\_\_\_  
Date

APPROVED AS TO FORM:

  
\_\_\_\_\_  
Justin M. Waggoner  
Assistant County Counselor

6-10-15  
\_\_\_\_\_  
Date