

AREA PLAN ON AGING

FOR

FISCAL YEAR 2019

Central Plains Area Agency on Aging

Submitted by:
(Name of Agency)

(Signature of Director)

(Date)

TABLE OF CONTENTS

Page	Topic
1	Cover Page for Grant Application
2	Table of Contents
3	Application for Grant Award
4	Electronic Submission of Application
5	Verification of Application
6	Certification Regarding Lobbying
7-8	Older Americans Act Assurances of Compliance
9	Assurance of Compliance Under Title VI of the Civil Rights Act of 1964
10	Direct Service Waivers
11	Determination of Needs
14	Area Agency's Priorities
16	Description of the AAA and its Activities
18	Determination of Unmet Needs/Planning
20	Public Hearings
21	Community Focal Points
22	Program Service Goals
28	Multipurpose Senior Center Inventory Form – KDADS Form 560
29	Final Narrative Report
30	Area Plan Review Checklist
	Nutrition Program Characteristics (Meal Outputs)
	Schedule A – Annual Budget Summary
	Schedule A1 – Statement of Unawarded Funds
	Schedule AAA – Area Plan Administration Annual Budget
	Schedule B – Title III-B Supportive Services Annual Budget
	Schedule C – Title III-C Nutrition Services
	Schedule D – Title III-D Disease Prevention and Health Promotion Annual Budget
	Schedule E – Title III-E Caregivers Services
	Schedule 2 – Capital Cost Justification

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:

Name: Central Plains Area Agency on Aging
Address: 271 W 3rd St. N., Suite 500
City: Wichita
State: KS Zip: 67202
Director: Annette Graham
Telephone No.: 316-660-7298
Fax No.: 316-660-1936

3. NAME AND ADDRESS OF GRANTEE:

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: 2018 TO: 2021

4. DATE OF GRANTEE PERIOD (BUDGET YEAR)

FISCAL YEAR 2019

5. OFFICIAL AUTHORIZED TO SIGN FOR GRANTEE ORGANIZATION

Name: David Dennis
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 2019 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, 2018 through September 30, 2019. The Area Plan includes documents identified as pages 1 through 30, 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 75 or Part 93, 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

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

5/16/2018

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

_____ Authorized Signature	Executive Director _____ Title	_____ Date
-------------------------------	--------------------------------------	---------------

OLDER AMERICANS ACT ASSURANCES OF COMPLIANCE

Central Plains

**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	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	
_____ 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.

DIRECT SERVICE WAIVERS

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.**

Duration of Waiver(s)

- 1. If the waiver request is submitted with the initial area plan, the waiver will be in effect for the duration of the plan.*
- 2. If the request is submitted with an annual update, the waiver will be in effect for the remainder of the update of the plan, whichever is requested.*
- 3. A waiver may also be granted for any portion of the fiscal year(s) in which it is submitted.*

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 Community Needs Assessment Environmental Scan (dated 2016); Sedgwick County Health Department Needs Assessment (dated 2012); and a CPAAA survey of 262 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 Community Needs Assessment 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 services for older adults; the increasing cost of health care for seniors; end of life care issues such as hospice and palliative care 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 2017, CPAAA conducted a survey both online and hard copy, drawing heavily upon awareness created through articles in the Active Aging newspaper (which includes distribution to the tri-county area) and distribution through 17 community focal points (senior centers), during health fairs (including Senior Expo) and an online survey site promoted through Facebook and the CPAAA web site. 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 262 survey respondents. While 11 percent of respondents were caregivers under age 60, the 60-69 age group (32%) and the 70-79 age group (30%) were close in respondent totals. A majority of respondents were Caucasian; 1 percent reported Hispanic/Latino identification; 2.5 percent reported Native American heritage; and 6 percent reported African American heritage.

When asked to identify what they perceived to be the greatest service needs in the CPAAA PSA, the following four areas were most important to respondents: cost of medicine, home repair/yard upkeep, cost of food followed by health and physical activity.

The first priority - cost of medicine. This area of concern rose to the top this year (48 percent compared to 42 percent in the previous needs assessment). Concerns related to medication costs are addressed by CPAAA through the new Medication Management program where trained staff and a pharmacist can help identify medications that may be duplicate prescriptions or causing a drug interaction which affects the cost to the customer. In addition, the extra help program, SHICK counseling, Medicare Part D Open Enrollment assistance, help seniors to find low cost prescription coverage. I&R/A staff also help direct concerned individuals to other area programs and safety net clinics that can provide occasional help with purchase of prescriptions and application for pharmaceutical programs for low income individuals. Trained options counselors will also assist customers to determine other areas they can cut costs to help them afford needed medications.

The second priority - was home repair/yard upkeep, with 32/33 percent of respondents. These two areas were combined due to the similarity in nature of the issues. 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. Concerns related to cost of home repair/yard upkeep is a growing issue and one that CPAAA addresses regularly including issues of hoarding, massive clutter/yard debris and bed bugs or other pests. Also, in partnership with the Wichita/Sedgwick County Hoarding Coalition, City of Wichita and other local churches and organizations consumers are frequently referred to public and private programs that address home maintenance such as repairs, clean-up, painting, yard work.

The third priority - cost of food was next with 31 percent of respondents identifying this area as a priority. 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 in Butler, Sedgwick and Harvey counties with lower cost fruits and vegetables (thus addressing a concern identified in the Sedgwick County Health Department data). In 2018 CPAAA will also expand C2 congregate services in Butler County to include a CHAMPSS program. This will allow for more meal options to those residents and address food cost issues in Butler County. CPAAA is also working to increase home delivered meal service to isolated areas by working with a provider to ship meals directly to the home.

The fourth priority - health and physical fitness was identified by 29 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. CPAAA's community health nurse (who is a certified diabetes educator) provides health/wellness and physical fitness education throughout the PSA. The staff nurse also provides consultation to providers, consumers, and care managers as needed. OAA III-D funds help support physical fitness and health promotion programs at senior centers and meal sites in Butler, Harvey, and Sedgwick counties. CPAAA has also expanded their Diabetes Self-Management Education program to include the CDC's Diabetes Prevention Program Prevent T-2 (both identified as ACL top tier programs).

In the previous 2013 survey conducted by CPAAA (using a similar methodology), the top priorities were: cost of food; cost of medicine; health and physical fitness service; home and yard upkeep. In general, the issues of affordability of medication, food and upkeep of the home and health and physical fitness coincide with the new survey priorities. Therefore our work will continue to focus on these areas during the new area plan timeframe.

*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.

AREA AGENCY'S PRIORITIES

Two themes will influence the work of CPAAA during fiscal years 2018 to 2022: 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 2017 survey conducted by CPAAA identified the following priority concerns: cost of medicine; minor home/yard upkeep, cost of food; and health and physical fitness. As well, the survey found that while only 19 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.

CPAAA has a long standing history of working with KDADS and the local extension service to provide SHICK counseling, with emphasis on Part D. CPAAA Option Counselors are equipped with resources to assist older adults in accessing and obtaining low cost medications. Continued work in this area will help address survey concerns about the cost of medications.

The second key concern identified in the 2017 CPAAA survey was the need for help and assistance with minor home/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 \$35.6 billion for Medicare, private and the uninsured 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 order to address other minor home and yard upkeep items each summer CPAAA partners with Catholic Diocese and the Catholic Heart Work Camp where over 300 teen volunteers work with identified CPAAA consumers to address home maintenance needs such as accessibility, safety, weatherizing, painting and beautification.

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, such as through cooperative purchasing. CPAAA will also work with nutrition providers (emphasis on home delivered meals) to explore evidence based practices. Information released March 2017 by Avalere indicated that 1 of every 2 older Americans are at risk of malnutrition with an estimated cost of \$51.3 billion. CPAAA is working to implement the Choosing Healthy Appetizing Meal Plan Solutions for Seniors (CHAMPSS) program; the first CPAAA CHAMPSS site will be in Butler County and will be ready to begin service October 1, 2017. CPAAA is also working to increase home delivered meal service to isolated areas by working with a provider to ship meals directly to the home. 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.

Regarding the survey emphasis on health and fitness, in addition to actions noted in the Determination of Need section, CPAAA continues to work on training and oversight of new coaches for evidence based practices related to falls (A Matter of Balance). Falls and resulting fractures increase with age and become a significant factor triggering hospitalization. Recently certified for the CDC's Diabetes Prevention Program (DPP), CPAAA will provide the DPP program, Prevent T2 to help pre-diabetics to reduce their risk of developing diabetes. Through education and ongoing support from a lifestyle coach this lifestyle change program will impact many at risk for diabetes in the tri-county area. Overall encouragement of physical activity continues to be 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 community health nurse and certified staff continue to work with partners to promote both health and physical fitness to seniors in the tri-county area.

In the continued challenge of our 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.

DESCRIPTION OF THE AAA AND ITS ACTIVITIES

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) – Older Americans Act (OAA) – IIIB community services will provide a variety of programs/services such as In home programming to support consumers during transition from hospitals/nursing homes/rehabilitation centers with in home services (ATCR/HMKR). IIIC Nutrition programs will provide in home and congregate meals to eligible consumers including education. IIID will offer a variety of health promotion education, including Diabetes prevention And physical activity education including AMOB provided by certified staff/providers that meets the highest tier evidence based requirements set by ACL. IIIE will offer services and supports to caregivers caring for a loved one including respite, information and assistance, support groups and transportation.
- 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 consumers 60 and older in the tri-county PSA. The mixture of state, local, consumer, and provider funding makes SCA a cost-effective, market driven service.
- Aging and Disability Resource Center (ADRC) – CPAAA serves as the statewide call center for ADRC I&R/A services. The program assists older adults, caregivers, persons with disabilities, traumatic brain injury and anyone seeking long term care support and services. The ADRC contract also includes CPAAA staff performing the functional assessments including 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 17 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 – CPAAA partners with the Sedgwick County Department on Aging-RSVP volunteer program to enhance supportive services to older adults 60 and over.
- 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 33 years old in 2018.
- CPAAA provides and coordinates advocacy and is involved in a wide array of community initiatives. A list follows.
 - Aging Network
 - Alliance of Information & Referral Systems (AIRS)
 - American Society on Aging (ASA)
 - Case managers Association of Central Kansas (CMACK)

- Eldercare Organization
- Financial Abuse Specialist Team (FAST)
- Greater Wichita Ministerial League
- Health Alliance (Access to Healthy Foods for Seniors)
- Health and Wellness Coalition
- Kansas Leadership Center
- Kansas University Geriatric Rotation Program
- K-State Extension Program Development, Family and Consumer Sciences
- Local Emergency Planning Committee (LEPC)
- National Association of Area Agencies on Aging (n4a)
- National Association Social Work (NASW) – Aging
- National Council on Aging (NCOA)
- Older Kansans Information and Referral Service Association (OKIRSA)
- Partners for Wichita
- Safe Street Prescription Drug Coalition, Heartland ministry Network
- Senior Center Summit
- Silvered Haired Legislature (PSA2)
- Transportable Physicians Orders for Patient Preferences (TPOPP)
- TRIAD (Elder Abuse Coalition)
- Wichita/Sedgwick County Hoarding Coalition

DETERMINATION OF UNMET NEEDS/PLANNING

According to population estimates and projections released by the Wichita State University (WSU) Center for Economic Development and Business Research released in 2016, the population age 60 and older in the tri-county PSA is 116,055 in 2015. By the year 2024, the population is projected to increase to 147,783, a 27.3 percent increase. This dramatic increase argues for considerable planning to meet future needs because program funding will not increase by 27.3 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 2017 CPAAA survey found that only 19 percent of respondents had used any "aging" service. The most frequently cited service used was I&R/A, followed by Medicare counseling, homemaker services, congregate meals, home delivered meals and transportation. A follow up question queried as to the reason for not using any "aging" service. Over half of respondents, 51 percent, noted that they did not need any service. For the remaining 19 percent who may have had a service need, their responses, in descending order, were: did not know who to contact, do not have transport, service cost too much, did not want to receive "charity," and it takes too long to get services.

This data helps 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 points 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 recurrent for several years:

- in-home assistance - The CPAAA has approximately 182 individuals who would like to receive in-home services under the Senior Care Act. With a cap of \$800 per month on services, and assuming all callers needed the maximum, the cost would be \$145,600 per month or \$1,747,200 per year. This calculation includes callers who would be seeking overnight respite assistance. We do frequently have callers 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 350-400 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 or volunteer groups program providing support in these areas.

PUBLIC HEARINGS ON THE AREA PLAN, UPDATE, AND REVISIONS

The Central Plains Area Agency on Aging (CPAAA) will hold a public hearing to discuss the proposed FY 2019 Area Plan. This plan describes activities and programs conducted under the Older Americans Act in Butler, Harvey, and Sedgwick Counties. The hearing will be held on Wednesday, May 16, 2014 at 1:30 P.M. at the Central Plains Area Agency on Aging, 271 W. 3rd St N, Third Floor Conference Room, Wichita, KS 67202. Formal statements will be accepted and discussion from the floor is encouraged. The plan is available for review at the Central Plans Area Agency on Aging office at 271 W. 3rd St N, Suite 500, Wichita, KS 67202

Please publish in the Sedgwick (The Derby Informer), Harvey (The Newton Kansan), and Butler (The Butler County Times-Gazette) papers by May 10, 2018. If any questions, contact Lona Kelly at 660-5128.

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, Augusta, KS	Agency
Butler	R	5	El Dorado Senior Center, 210 E. 2 nd , El Dorado, KS	Senior Center
Butler	R	5	Andover Senior Center, 410 Lioba Drive, Andover, KS	Senior Center
Harvey	R	5	Harvey County Department on Aging, Newton, KS	Agency
Harvey	R	5	Grand Central Senior Center, Newton, KS	Senior Center
Sedgwick	R	5	Cheney Senior Center, 516 N. Main, Cheney, KS	Senior Center
Sedgwick	U	3, 4	LaFamilia Senior Center, 841 W. 21st Street, Wichita, 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. 9 th , Wichita, KS	Senior Center
Sedgwick	U	3	Northeast Senior Center, 2121 E. 21 st , 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	Guadalupe Clinic, 940 S. St. Francis, Wichita, KS	Clinic
Sedgwick	U	5	Park City Senior Center, 6100 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

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 59,000 papers will be mailed monthly.

Evaluation: Five percent of the readership will be surveyed to find if the information was valuable. Of readers responding to an annual survey, 60% 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 other public events.

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: At least 85% will be satisfied with the information they receive.

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: At least 85% will be satisfied with the education and training they receive.

Service: Legal Assistance

Goal: To provide legal advice, counseling, and representation provided by an attorney and to oversee actions and/or behavior of a consumer 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 consumer 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 consumers. Of those receiving legal assistance, 80% will report on

the annual survey that they were satisfied with services provided.

Service: In-Home

Goal: To keep older adults in their homes by providing attendant care and homemaker services when transitioning from hospital/nursing/rehabilitation centers 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 for the 90 days 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 Coordination:

Goal: Expand linkages among agencies and groups concerned with older adult's issues and service systems in Butler, Harvey and Sedgwick County.

Steps of Achievement: CPAAA professional staff will grow and expand coordinated linkages with community parnters including health, housing, developmental disability, mental health and other organizations.

Evaluation: Eighty five (85) percent of agencies and groups participating in coordinated events will report them to be instrumental in providing services to older adult consumers.

Service: Program Development

Goal: To explore development of new innovative service options that 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 trained staff. A supervisor will assign an assessor to complete the UAI.

Evaluation: CPAAA will administer a survey with 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 the OAA First Step 90 day program consumers ensuring that

Steps of Achievement: Care managers will meet with consumers and their families to determine what services will meet their functional needs during their 90 day transitional period. Ongoing monitoring will be done as needed to meeting the need of the consumer. Referrals will be made to other services as needed. Evaluation: CPAAA will administer a survey with 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 satisfaction survey with 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 five 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 is on training and oversight of new coaches for A Matter of Balance in all three counties. This

is the highest tier evidence based practice related to fall prevention.

Evaluation: CPAAA will survey a sample of attendees and 75% of surveyed class participants will report that they have benefited from reduced fear of falling, ending the fear of falling cycle, and increased activity levels.

Service: Medication Management

Goal: To continue and expand the evidenced based HomeMeds program to facilitate screenings in the CPAAA service area

Steps of Achievement: The HomeMeds program (highest tier evidenced based program) screens and educates to help prevent incorrect medication and adverse drug reaction through utilization of the HomeMeds program.

Evaluation: OAA consumers with five or more medications will be reviewed reducing adverse drug reactions for participating consumers.

Service: Health Promotion

Goal: To maximize consumers understanding of steps they can take to reduce and prevent Type 2 Diabetes risk.

Steps of Achievement: Diabetes Prevention Program (DPP) through a 26 week education and ongoing support from a lifestyle coach this program impact many at risk for diabetes in the tri-county area. DPP is highest tier evidence based practice.

Evaluation: Consumers set goals on regular intervals during each educational program.

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 with 80% of the caregiver's surveyed reporting 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 consumers will indicate that they will be able to make more informed choices about caregiver issues.

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)

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 2019

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: ☐ Original ☐ 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 each proposed area plan update and each proposed area plan revision
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
Yes		32.	Schedule 2 – Capital Cost Justification Schedule (Not required)
AAA Reviewer Signature:			
Date:			