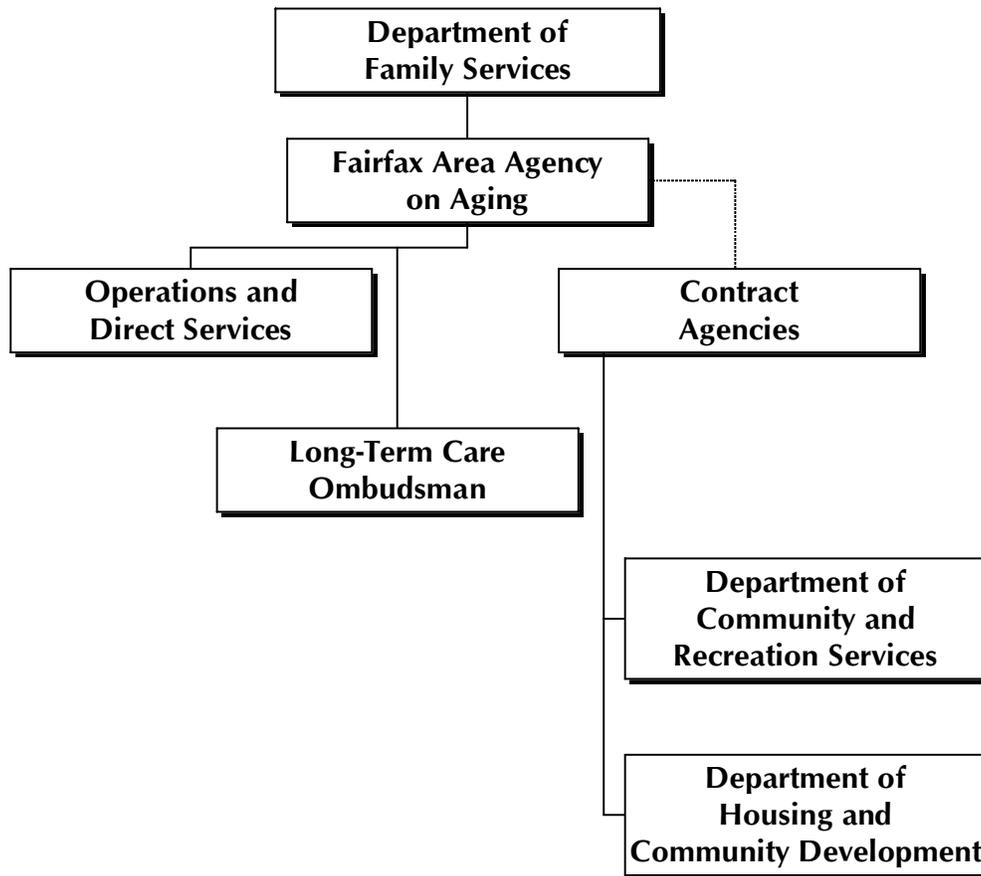


# Fund 103

## Aging Grants and Programs

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### **Mission**

To promote and sustain a high quality of life for older persons residing in Fairfax County by offering a mixture of services, provided through the public and private sectors, that maximize personal choice, dignity and independence.

### **Focus**

Fund 103, Aging Grants and Programs, serves as the fiscal entity for federal and state grants awarded to the County primarily through the Virginia Department for the Aging. Grant funds are received and administered by the Fairfax Area Agency on Aging (FAAA), part of the Adult and Aging Division within the Department of Family Services. Deriving its purpose and structure from the Federal Older Americans Act, which established local area agencies on aging, FAAA exists to provide community leadership on aging issues and to promote community-based programs and activities that enhance the quality of life for the elderly and their caregivers. In addition to playing a key role linking practice and policy, FAAA serves as the focal point for the network of County and private sector agencies serving the elderly. FAAA helps seniors remain in the community through the administration and coordination of social service programs for older persons whose needs are varied and may require intervention by one or more agency programs.

The Virginia Department for the Aging serves as the oversight agency for the FAAA as well as a pass-through entity for state general funds, federal Older Americans Act and United States Department of Agriculture funds. In addition, the FAAA receives funding from Fairfax County as well as the cities of Fairfax and Falls Church. It should be noted that one of FAAA's programs, the Northern Virginia Long-Term Care Ombudsman Program, is a regional program that also serves the City of Alexandria, Loudoun County, Arlington County and Prince William County. As such, these member jurisdictions also provide funding to support the Long-Term

# Fund 103

## Aging Grants and Programs

Care Ombudsman Program. FAAA program revenue is also generated from payments made for some grant program services such as Congregate Meals and Home-Delivered Meals, and from private corporate donations.

The Fairfax Area Commission on Aging (COA), appointed by the Board of Supervisors and the cities of Fairfax and Falls Church, serves as the official advisory body to the FAAA, the Board of Supervisors and the City Councils of Fairfax and Falls Church regarding local long-term care issues, legislative concerns, fiscal requirements, and program and policy issues. COA members are also involved in the newly established Long-Term Care Coordinating Council charged with implementing the strategic plan of the Citizen's Task Force for Long-Term Care. In a study of long-term care issues, the Citizen's Task Force found that the greatest barrier to services is lack of information on existing services and how to access them. The Task Force strongly recommended in 2002 strategies to maximize service resources through information and communication. Thus, improved awareness, information and communication are FAAA's primary goals.

### THINKING STRATEGICALLY

Strategic issues for the Department include:

- o Increasing public awareness;
- o Connecting people to services;
- o Promoting independent and supportive living;
- o Improving an expanding long-term care workforce; and
- o Creating a long-term care delivery system.

Given that the vast majority of seniors would prefer to remain in their own homes, as well as the high cost and limited supply of nursing homes and assisted living facilities, FAAA provides a continuum of free and affordable services so that individuals can remain living independently as long as possible. To this end, FAAA provides community-based services such as case management/consultation services; legal assistance; transportation; information and referral; volunteer in-home services; and home-delivered and congregate meals. For those seniors who cannot live independently in the community, staff and volunteers with FAAA's Long-Term Care Ombudsman Program work with area nursing homes and assisted living facilities to provide professional information, assistance and mediation to ensure that patients' rights are being upheld.

Key environmental components driving the FAAA's future direction and strategic planning are the rapidly increasing numbers of older adults in the Fairfax area; the growing diversity of ethnicity, culture and language of older adults; emerging local and national initiatives to support the family caregiver; the shortage of long-term care providers; and the increasing demand for services to older adults given local, state and national budget constraints.

- ◆ *Rapidly increasing numbers of older adults* as a portion of the Fairfax County overall population and increasing numbers of frail elderly. Older adults are the most rapidly expanding population group. From 2000 to 2010, the County's total population is projected to increase by 15 percent, but those ages 60 and older will grow by 55 percent. This fact is particularly significant given that approximately 20 percent of persons ages 65 and older have a substantial physical, visual or hearing disability, while approximately 50 percent of persons ages 85 and older have some form of dementia.
- ◆ *Growing diversity of ethnicity, culture, and language of persons age 65 and older in the Fairfax area.* In 2000, 24 percent of the 65 and older population in Fairfax County was non-white and more than one out of ten persons ages 65 and older spoke no English or did not speak English very well.
- ◆ *Support of local and long-distance family caregivers of older adults.* Recognizing the importance of the family caregiver in caring for a rapidly growing senior population, the federal government has provided funds enabling localities to provide enhanced services for family caregivers, such as public information, support groups, adult day care, emergency services and assisted transportation.

## Fund 103 Aging Grants and Programs

- ◆ *The shortage of long-term care providers requires new strategies for recruitment and retention of workers and a greater awareness and accessibility of assistive devices.* Low pay and lack of health insurance and available/affordable transportation as well as absence of a clear career ladder result in fewer service providers. Thus, new strategies are needed to recruit and retain home care workers/providers. Assistive technology is an increasing trend in meeting some of the needs of persons who could remain at home with the help of low-tech and high-tech solutions for reducing falls and injury in the home, improving safety for those living alone, monitoring health and assisting with daily living activities.
  
- ◆ *Budgetary constraints at the local, state and federal levels have resulted in flat or reduced funding levels at the same time demand for service is rising.* With a projected growth in the senior adult population of 55 percent in this decade, requests for adult day care services, congregate meals, home-delivered meals and home-based assistance with daily living activities are increasing at a faster rate than the funding needed to provide these services. In addition, outreach to the underserved populations of elders, including minorities, will increase the demand for services. In an effort to address the increased demand, in FY 2006 the Home-Delivered Meals program was expanded and in FY 2007 the Congregate Meals program will begin at the new Braddock Glen Assisted Living Facility and the new Little River Glen Adult Day Health Care Center; two additional home-delivered meals routes will be added in the Burke Lake Gardens and Centreville areas; and an additional 1/1.0 SYE grant position will focus on expanding untapped volunteer opportunities. While FAAA will continue to maximize and diversify resources, such as recruiting more volunteers, applying for grant and corporate funding, accepting private donations, and charging fees on a sliding-scale basis for some services, additional demand for services may result in service caps and/or institution of waiting lists for services.

### New Initiatives and Recent Accomplishments in Support of the Fairfax County Vision

 <b>Maintaining Safe and Caring Communities</b>	<b>Recent Success</b>	<b>FY 2007 Initiative</b>
Implemented an interdisciplinary model for providing case management services to increase service efficiency and effectiveness.	✓	
Developed a Family Caregiver program including support groups and trainings, respite care, transportation services, and an Internet-based list serve with information and resources for caregivers.	✓	
Partnering with the Office of the Sheriff on the Project Lifesaver program to track (using wrist transmitters) and quickly locate at-risk consumers who persistently wander from their homes. Project Lifesaver, which was successful in its initial pilot phase, has become a public service to frequent wanderers, saving lives and alleviating caregiver distress.	✓	✓
Providing Vietnamese and vegetarian meals to homebound elderly.	✓	✓
The Virginia Insurance Counseling and Assistance Program (VICAP), within the Area Agency on Aging, conducted 30 training sessions on the new Medicare drug card. An intra-agency campaign was undertaken to notify low income seniors about a potential \$1,200 benefit. The federal government is now implementing Medicare Part D and VICAP is again training volunteer counselors, human services staff and individuals about the impact and opportunities included in this major change.	✓	✓

## Fund 103 Aging Grants and Programs

 <b>Maintaining Safe and Caring Communities</b>	<b>Recent Success</b>	<b>FY 2007 Initiative</b>
Assessed the capacity of local area nursing homes to serve hearing-impaired and deaf seniors by conducting a survey of resident needs, staff/volunteer interpreter skills and adaptive devices for communication and safety.	<input checked="" type="checkbox"/>	
 <b>Connecting People and Places</b>	<b>Recent Success</b>	<b>FY 2007 Initiative</b>
Continue to increase public awareness of aging issues and resources through the <i>Golden Gazette</i> and increase readership of the Large Print version monthly. The newspaper is now available online.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Developed and published aging/long-term care brochures in five languages. Continue to expand outreach to culturally diverse older adults by developing a comprehensive resource directory of available public resources.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Conducting a senior transportation initiative in partnership with the County's Department of Transportation, FASTRAN, Senior Services in Recreation, and others to identify and address the transportation needs of an increasingly aging population. Involved in the Northern Virginia Transportation Commission's assessment of transportation needs of persons ages 75 and above.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Part of the planning and implementation team that created a County/SeniorNavigator partnership to provide residents with extensive information online about available resources and services. Fairfax Area Agency on Aging has now taken the lead for the ongoing partnership.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 <b>Maintaining Healthy Economies</b>	<b>Recent Success</b>	<b>FY 2007 Initiative</b>
Serve an additional 15 low income older workers, many with limited English proficiency, through the Senior Community Service Employment Program (SCSEP) which provides assessment, planning, and job training services and supervision to promote work and economic independence for older workers.		<input checked="" type="checkbox"/>
 <b>Exercising Corporate Stewardship</b>	<b>Recent Success</b>	<b>FY 2007 Initiative</b>
Continue to provide volunteer opportunities, recruitment, screening, training and support for over 2,500 volunteers to meet the needs of older adults. In FY 2005, volunteers provided approximately 84,200 hours of service valued at nearly \$1.7 million.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

# Fund 103

## Aging Grants and Programs

### Budget and Staff Resources

Agency Summary				
Category	FY 2005 Actual	FY 2006 Adopted Budget Plan	FY 2006 Revised Budget Plan	FY 2007 Advertised Budget Plan
Authorized Positions/Staff Years				
Grant	38/ 37	41/ 40	41/ 40	42/ 41
<b>Expenditures:</b>				
Personnel Services	\$2,445,033	\$2,675,479	\$3,426,920	\$2,905,557
Operating Expenses	2,301,257	2,524,097	3,274,235	3,297,039
Capital Equipment	0	0	0	0
<b>Total Expenditures</b>	<b>\$4,746,290</b>	<b>\$5,199,576</b>	<b>\$6,701,155</b>	<b>\$6,202,596</b>
<b>Revenue:</b>				
Federal	\$1,371,134	\$1,306,990	\$1,525,196	\$1,306,990
State	779,206	776,560	1,012,365	790,478
Project Income	434,804	369,681	417,183	381,233
Other Jurisdictions' Share of the Ombudsman Program	111,076	111,076	111,076	111,076
City of Fairfax	33,013	33,013	33,013	33,013
City of Falls Church	36,306	36,306	36,306	36,306
Private Corporations	6,075	7,337	10,104	6,337
<b>Total Revenue</b>	<b>\$2,771,614</b>	<b>\$2,640,963</b>	<b>\$3,145,243</b>	<b>\$2,665,433</b>
<b>Net Cost to the County</b>	<b>\$1,974,676</b>	<b>\$2,558,613</b>	<b>\$3,555,912</b>	<b>\$3,537,163</b>

Position Summary		
<p><b><u>OPERATIONS AND DIRECT SERVICES</u></b></p> <p><b><u>Community-Based Social Services</u></b></p> <p>2 Social Work Supervisors</p> <p>1 Social Worker III (1)</p> <p>5 Social Workers II, 1 PT</p> <p>1 Administrative Assistant II, PT</p> <p><b><u>Home-Delivered Meals</u></b></p> <p>1 Social Work Supervisor</p> <p>1 Management Analyst II</p> <p>1 Social Worker III</p> <p>5 Social Workers II</p>	<p><b><u>Care Coordination for the Elderly Virginian</u></b></p> <p>1 Social Work Supervisor</p> <p>1 Social Worker III</p> <p>2 Social Workers II</p> <p>1 Mental Health Therapist II</p> <p>2 Public Health Nurses II</p> <p>1 Management Analyst II</p> <p>1 Administrative Assistant II</p> <p><b><u>Family Caregiver Support</u></b></p> <p>1 Management Analyst III</p>	<p><b><u>LONG-TERM CARE OMBUDSMAN</u></b></p> <p>1 Social Work Supervisor</p> <p>4 Social Workers III</p> <p><b><u>DEPARTMENT OF COMMUNITY AND RECREATION SERVICES</u></b></p> <p><b><u>Congregate Meals</u></b></p> <p>1 Management Analyst I</p> <p>4 Park/Rec Specialists II</p> <p>5 Park/Rec Assistants</p>
<p><b>TOTAL POSITIONS</b> 42 Grant Positions (1) / 41.0 Grant Staff Years (1.0)</p>		<p>( ) Denotes New Positions PT Denotes Part-Time Positions</p>

### FY 2007 Funding Adjustments

The following funding adjustments from the FY 2006 Revised Budget Plan are necessary to support the FY 2007 program:

- ◆ **Congregate Meals Program at Braddock Glen** **\$538,020**  
 An increase of \$538,020 in Operating Expenses is included for the Congregate Meals program at the new Braddock Glen (formerly Little River Glen II) Assisted Living Facility and the new Little River Glen Adult Day Health Care Center. Funding will support 65,700 meals to 60 assisted living residents and 7,800 meals to 30 adult day health care center participants. The expenditure increase is partially offset by \$6,552 in participant donations for a net to the County of \$531,468.
- ◆ **Employee Compensation** **\$136,956**  
 An increase of \$136,956 in Personnel Services associated with salary adjustments necessary to support the County's compensation program.

# Fund 103

## Aging Grants and Programs

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- ◆ **Program Enhancements due to Home Based Care/Home-Delivered Meals Program Savings \$137,382**  
General Fund savings in the Home Based Care/Home-Delivered Meals Programs due to the implementation of the cluster care model permits program enhancements in Fund 103, Aging Grants and Programs. As a result of these savings, \$133,382 has been transferred from the Department of Family Services General Fund to Fund 103. Total Operating Expenses of \$137,382 are offset by \$4,000 in revenue for a net cost of \$133,382. Specifically, an increase of \$78,182 and 1/1.0 SYE grant merit position in the Volunteer Development Unit intended to develop untapped volunteer opportunities (including \$61,634 in Personnel Services and \$16,548 in Fringe Benefits) and an increase of \$59,200 in Operating Expenses for two additional home-delivered meals routes in the Burke Lake Gardens and Centreville areas. These routes will serve 16,000 meals per year to approximately 60 individuals for a total cost of \$59,200; after revenue of \$4,000 the net cost is \$55,200.
  
- ◆ **Contract Rate Increase \$39,264**  
An increase of \$39,264 in Operating Expenses supports a contract rate increase to the Fairfax County Public Schools for lunches provided as part of the Congregate Meals program and the Home-Delivered Meals program.
  
- ◆ **Program Year 2005 Funding (\$1,353,860)**  
A decrease of \$1,340,742 is attributable to the carryover of unexpended FY 2005 grant funds in programs such as Congregate Meals, Home-Delivered Meals and Community-Based Social Services to FY 2006 which is necessary to provide funding through Program Year 2005 which ended on September 30, 2005 and a decrease of \$13,118 is due to one-time federal and state funding allocations in the Title III-B Community-Based Social Services program.

### **Changes to FY 2006 Adopted Budget Plan**

*The following funding adjustments reflect all approved changes in the FY 2006 Revised Budget Plan since passage of the FY 2006 Adopted Budget Plan. Included are all adjustments made as part of the FY 2005 Carryover Review and all other approved changes through December 31, 2005:*

- ◆ **Carryover Adjustments \$1,501,579**  
As part of the *FY 2005 Carryover Review*, the Board of Supervisors approved carryover funding of \$1,501,579. The increase is attributable to \$1,340,742 in unexpended FY 2005 grant funds, an increase of \$133,801 for the Herndon Harbor House Senior Center Congregate Meals program, and an increase of \$27,036 primarily due to revised federal and state funding allocations in the Title III B, Community-Based Social Services program.

### **Key Performance Measures**

#### **Objectives**

- ◆ To maintain at 80 percent the percentage of elderly persons and adults with disabilities receiving case management services who continue to reside in their homes one year after receiving services.
  
- ◆ To maintain at 95 percent the percentage of seniors receiving community-based services who remain living in their homes rather than entering a long term care facility after one year of service or information.
  
- ◆ To maximize personal health by serving nutritious meals so that 40 percent of clients receiving home-delivered meals and 80 percent of clients receiving congregate meals score at or below a moderate risk category on the Nutritional Screening Initiative, a risk tool.
  
- ◆ To meet the state standard by maintaining the percent of Adult Protective Services (APS) completed within 45 days at 90 percent or more.

## Fund 103 Aging Grants and Programs

Indicator	Prior Year Actuals			Current Estimate	Future Estimate
	FY 2003 Actual	FY 2004 Actual	FY 2005 Estimate/Actual	FY 2006	FY 2007
<b>Output:</b>					
Adult and Aging/Long-Term Care clients served	2,121	2,057	2,057 / 2,231	2,231	2,231
Clients served with community-based services (CBS)	6,707	7,631	6,707 / 5,726	6,200	6,200
Meals provided	451,152	456,735	481,052 / 462,049	481,052	542,327
APS and Ombudsman Investigations conducted (1)	836	729	600 / 610	600	600
<b>Efficiency:</b>					
Cost per Adult and Aging/Long-Term Care client	\$4,607	\$4,697	\$5,033 / \$4,200	\$4,832	\$4,844
Cost per CBS client	\$132	\$113	\$127 / \$152	\$146	\$150
Cost per meal	\$10	\$11	\$12 / \$12	\$12	\$13
Cost per investigation (1)	\$1,738	\$2,139	\$2,263 / \$2,066	\$2,367	\$2,435
<b>Service Quality:</b>					
Percent of Adult and Aging/Long-Term Care clients satisfied with services	95%	91%	90% / 93%	90%	90%
Percent of CBS clients satisfied with the information and services	100%	96%	95% / 100%	95%	95%
Percent of clients satisfied with home-delivered meal quality and quantity (2)	NA	96%	NA / NA	90%	NA
Percent of clients satisfied with congregate meal quality and quantity	95%	95%	90% / 96%	90%	90%
Investigations completed within the state standard of 45 days (1)	802	663	540 / 581	540	540
<b>Outcome:</b>					
Percent of clients who remain in their homes after one year of services	88%	84%	80% / 82%	80%	80%
Percent of CBS clients who remain in their homes after one year of service or information	99%	99%	95% / 100%	95%	95%
Percent of clients served home-delivered meals who score at or below a moderate nutritional risk category	47%	66%	40% / 46%	40%	40%
Percent of clients served congregate meals who score at or below a moderate nutritional risk category	84%	89%	80% / 83%	80%	80%
Percent of investigations completed within 45 days (1)	96%	91%	90% / 93%	90%	90%

(1) Ombudsman investigations are no longer included as of FY 2005.

(2) The home-delivered meal client satisfaction survey is administered every other year.

## Fund 103

### Aging Grants and Programs

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#### **Performance Measurement Results**

In FY 2005, the Adult and Aging Services Division surpassed its goals of having 80 percent of persons who received case management services reside in their homes when services were terminated or after one year of service and having 95 percent of persons receiving community-based services who remained living in the community rather than entering a long-term care facility after one year of service, achieving outcomes of 82 percent and 100 percent, respectively. The Adult and Aging Services Division met these goals primarily by coordinating services across the organization and with community partners, including volunteers, and by improving access to services. With the transfer of bathing and respite services from the Health Department to DFS in FY 2005, more adult and aging/long-term care clients were served than estimated. The number of clients served in community-based services decreased due to the implementation of a new automated reporting system which impacted the tracking of clients served through the largest single community-based service, Information and Assistance. Since the new system was not implemented until the second quarter of FY 2005, this decrease in the recorded number of clients does not mean fewer clients were served in FY 2005. Additionally, since the system is still being fine-tuned, it is anticipated that the number of clients recorded will increase. DFS also plans on serving additional clients in the Virginia Insurance Counseling and Assistance Program (VICAP) as a result of Medicare's New Part D coverage for prescription drugs.

The Adult and Aging Services Division also surpassed its goal for improving the nutritional health of persons receiving nutrition services, as 46 percent of clients who received home-delivered meals and 83 percent of clients who received congregate meals scored at or below moderate risk on the Nutritional Screening Initiative. In addition, clients in the congregate meals program reported a satisfaction rating of 96 percent. It should be noted that the number of meals provided in FY 2005 is lower than estimated because the Herndon Harbor House congregate meal program was phased-in during FY 2005 and no data was submitted by one of the largest volunteer vendors in the home-delivered meals program.

# Fund 103

## Aging Grants and Programs

### FUND STATEMENT

Fund Type G10, Special Revenue Funds

Fund 103, Aging Grants and Programs

	FY 2005 Actual	FY 2006 Adopted Budget Plan	FY 2006 Revised Budget Plan	FY 2007 Advertised Budget Plan
<b>Beginning Balance</b>	<b>\$788,749</b>	<b>\$0</b>	<b>\$863,498</b>	<b>\$0</b>
Revenue:				
Federal Funds	\$1,371,134	\$1,306,990	\$1,525,196	\$1,306,990
State Funds	779,206	776,560	1,012,365	790,478
Project Income	434,804	369,681	417,183	381,233
Other Jurisdictions' Share of Ombudsman Program	111,076	111,076	111,076	111,076
City of Fairfax	33,013	33,013	33,013	33,013
City of Falls Church	36,306	36,306	36,306	36,306
Private Corporations	6,075	7,337	10,104	6,337
<b>Total Revenue</b>	<b>\$2,771,614</b>	<b>\$2,640,963</b>	<b>\$3,145,243</b>	<b>\$2,665,433</b>
Transfer In:				
General Fund (001)	\$2,049,425	\$2,558,613	\$2,692,414	\$3,537,163
<b>Total Transfer In</b>	<b>\$2,049,425</b>	<b>\$2,558,613</b>	<b>\$2,692,414</b>	<b>\$3,537,163</b>
<b>Total Available</b>	<b>\$5,609,788</b>	<b>\$5,199,576</b>	<b>\$6,701,155</b>	<b>\$6,202,596</b>
Grant Expenditures:				
<b>67450G</b> , Title III B, Community-Based Social Services	\$713,190	\$698,866	\$878,853	\$816,168
<b>67451G</b> , Title VII Ombudsman	336,998	377,507	486,379	398,205
<b>67452G</b> , Fee for Services/Homemaker	222,986	226,931	323,172	226,931
<b>67453G</b> , Title III C(1) Congregate Meals	1,651,769	1,734,080	2,439,928	2,452,837
<b>67454G</b> , Title III C(2) Home-Delivered Meals	961,477	1,279,683	1,490,239	1,388,389
<b>67455G</b> , Care Coordination for the Elderly Virginian	668,315	674,478	804,123	710,582
<b>67456G</b> , Caregiver Support	191,555	208,031	278,461	209,484
<b>Total Grant Expenditures</b>	<b>\$4,746,290</b>	<b>\$5,199,576</b>	<b>\$6,701,155</b>	<b>\$6,202,596</b>
<b>Total Disbursements</b>	<b>\$4,746,290</b>	<b>\$5,199,576</b>	<b>\$6,701,155</b>	<b>\$6,202,596</b>
<b>Ending Balance<sup>1</sup></b>	<b>\$863,498</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>

<sup>1</sup> The FY 2006 Revised Budget Plan ending fund balance is \$0 and reflects the utilization of the FY 2005 ending fund balance of \$863,498 to partially offset grant expenditures in FY 2006 based on Program Year requirements.