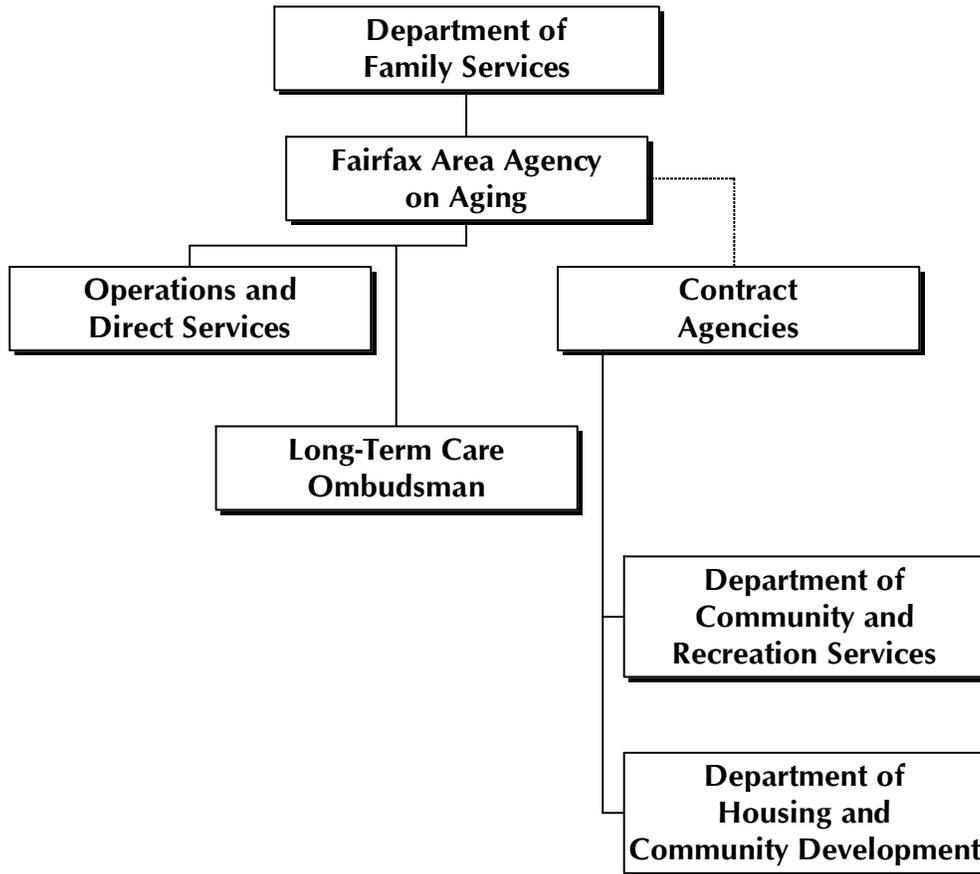


# Fund 103

## 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 that deal with 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

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### 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 corporation 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:

- Increasing public awareness;
- Connecting people to services;
- Promoting independent and supportive living;
- Improving an expanding long-term care workforce; and
- 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 1 out of 10 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 new funds enabling localities to provide enhanced services for family caregivers, such as public information, support groups, adult day care, emergency services and assisted transportation.

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- ◆ *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 level 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 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 required 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 General Fund transfer is increasing by \$509,188 or 25 percent including funding for an expansion of the Home Delivered Meals program. 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 2006 Initiative</b>	<b>Cost Center</b>
Eliminated the waiting list of more than 1.5 years for 25 frail, homebound elderly persons who needed food by establishing a new Meals-on-Wheels route in the Centreville/Chantilly area. Pilot ethnic meals at one site.	✓	✓	Agencywide
Continue using an interdisciplinary model for providing case management services to increase service efficiency and effectiveness.	✓	✓	Agencywide
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.	✓		Agencywide
Expand a pilot program in partnership with Inova VNA Home Health to provide tele-homecare monitoring to homebound seniors with multiple medical conditions thereby enabling participants to remain in their own homes.	✓	✓	Agencywide
Implemented consultation services from an Occupational Therapist who is working with staff and consumers to identify and address in-home assistive technology needs. As a result, assistive devices and other adaptive equipment are purchased and instruction on using such equipment is provided. This initiative will continue to allow elderly persons to remain in their own homes.	✓	✓	Agencywide

## Fund 103 Aging Grants and Programs

 <b>Maintaining Safe and Caring Communities</b>	<b>Recent Success</b>	<b>FY 2006 Initiative</b>	<b>Cost Center</b>
Developed a Family Caregiver program including support groups and trainings, respite care, transportation services, and an Internet based list serve with information and resources of interest to caregivers. This initiative is ongoing with new activities being added as collaborative opportunities are developed.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Agencywide
Partnering with the Office of the Sheriff on a pilot project to track and quickly locate at-risk consumers who persistently wander from their homes using wrist transmitters.		<input checked="" type="checkbox"/>	Agencywide
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 over two years.	<input checked="" type="checkbox"/>		Agencywide
 <b>Connecting People and Places</b>	<b>Recent Success</b>	<b>FY 2006 Initiative</b>	<b>Cost Center</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. Make the newspaper available online.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Agencywide
Provide an updated, more comprehensive Home Care Packet for older adults and caregivers, available in hard-copy as well as online, to provide information on aging issues and available resources.		<input checked="" type="checkbox"/>	Agencywide
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"/>	Agencywide
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.		<input checked="" type="checkbox"/>	Agencywide
Implemented and coordinated an accompanied transportation service for isolated older adults with physical and/or cognitive impairments who require assistance to safely access and receive services.	<input checked="" type="checkbox"/>		Agencywide
Continue to use the newly developed Travel Training pilot program to inform and instruct older adults about using various forms of public transportation.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Agencywide

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 <b>Maintaining Healthy Economies</b>	<b>Recent Success</b>	<b>FY 2006 Initiative</b>	<b>Cost Center</b>
Hosted the Older Adult Employment, Technology, and Information Expo which offered education and information concerning employment opportunities and community resources for seniors.	☑		Agencywide
Continue to 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.	☑	☑	Agencywide
 <b>Exercising Corporate Stewardship</b>	<b>Recent Success</b>	<b>FY 2006 Initiative</b>	<b>Cost Center</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 2004, volunteers provided approximately 84,200 hours of service valued at nearly \$1.7 million.	☑	☑	Agencywide

### Budget and Staff Resources

<b>Agency Summary</b>					
Category	FY 2004 Actual	FY 2005 Adopted Budget Plan	FY 2005 Revised Budget Plan	FY 2006 Advertised Budget Plan	FY 2006 Adopted Budget Plan
Authorized Positions/Staff Years					
Grant	38/ 37	38/ 37	38/ 37	41/ 40	41/ 40
Expenditures:					
Personnel Services	\$2,309,062	\$2,300,110	\$3,049,791	\$2,675,479	\$2,675,479
Operating Expenses	2,177,510	2,302,107	3,037,241	2,524,097	2,524,097
Capital Equipment	0	0	0	0	0
<b>Total Expenditures</b>	<b>\$4,486,572</b>	<b>\$4,602,217</b>	<b>\$6,087,032</b>	<b>\$5,199,576</b>	<b>\$5,199,576</b>
Revenue:					
Federal	\$1,296,033	\$1,273,501	\$1,589,340	\$1,306,990	\$1,306,990
State	725,444	727,377	987,975	776,560	776,560
Project Income	428,897	362,065	481,306	369,681	369,681
Other Jurisdictions' Share of the Ombudsman	98,432	111,076	111,076	111,076	111,076
Program:					
City of Fairfax	33,013	33,013	33,013	33,013	33,013
City of Falls Church	36,306	36,306	36,306	36,306	36,306
Private Corporations	4,141	9,454	9,842	7,337	7,337
<b>Total Revenue</b>	<b>\$2,622,266</b>	<b>\$2,552,792</b>	<b>\$3,248,858</b>	<b>\$2,640,963</b>	<b>\$2,640,963</b>
<b>Net Cost to the County</b>	<b>\$1,864,306</b>	<b>\$2,049,425</b>	<b>\$2,838,174</b>	<b>\$2,558,613</b>	<b>\$2,558,613</b>

# Fund 103

## Aging Grants and Programs

Position Summary		
<u><b>OPERATIONS AND DIRECT SERVICES</b></u> <u><b>Community-Based Social Services</b></u> 2 Social Work Supervisors 5 Social Workers II, 1 PT 1 Administrative Assistant II, PT  <u><b>Home Delivered Meals</b></u> 1 Social Work Supervisor 1 Management Analyst II 1 Social Worker III (1) 5 Social Workers II (2)	<u><b>Care Coordination for the Elderly Virginian</b></u> 1 Social Work Supervisor 1 Social Worker III 2 Social Workers II 1 Mental Health Therapist II 2 Public Health Nurses II 1 Management Analyst II 1 Administrative Assistant II  <u><b>Family Caregiver Support</b></u> 1 Management Analyst III	<u><b>LONG-TERM CARE OMBUDSMAN</b></u> 1 Social Work Supervisor 4 Social Workers III  <u><b>DEPARTMENT OF COMMUNITY AND RECREATION SERVICES</b></u> <u><b>Congregate Meals</b></u> 1 Management Analyst I 4 Park/Rec Specialists II 5 Park/Rec Assistants
<b>TOTAL POSITIONS</b> <b>41 Grant Positions (3)/ 40.0 Grant Staff Years (3)</b>		<b>( ) Denotes New Positions</b> <b>PT Denotes Part-Time Positions</b>

### FY 2006 Funding Adjustments

The following funding adjustments from the *FY 2005 Revised Budget Plan* are necessary to support the FY 2006 program:

- ◆ **Employee Compensation** **\$149,729**  
 An increase of \$149,729 in Personnel Services is associated with salary adjustments necessary to support the County's compensation program.
- ◆ **Home Delivered Meals** **\$350,177**  
 An increase of \$350,177 is associated with the expansion of the Home Delivered Meals program. An additional \$209,777 in Personnel Services will support three social worker grant positions that will provide comprehensive case management services and \$140,400 in Operating Expenses that will provide 45 clients with ethnic meals. The expenditure increase is supported by \$347,837 in County funds and approximately \$2,340 in participant donations.
- ◆ **Congregate Meals Program** **\$14,898**  
 An increase of \$14,898 in Operating Expenses is included to fully fund the Congregate Meals program at the new Herndon Harbor Senior Center. This increase represents only three months of the total annual cost; nine months of funding was included in FY 2005. Funding will support 3,900 meals to an additional 60 participants. The expenditure increase is partially offset by \$3,276 in participant donations.
- ◆ **Revised Grant Awards** **\$82,555**  
 An increase of \$82,555, which includes \$15,863 in Personnel Services and \$66,692 in Operating Expenses, in additional grant awards primarily attributed to \$37,000 in new grant money in the Caregiver Support program and \$30,280 in Title III C(1) Congregate Meals program.
- ◆ **Program Year 2004 Funding** **(\$1,397,732)**  
 A decrease of \$1,397,732 is attributable to the carryover of unexpended FY 2004 grant funds in programs such as Congregate Meals, Home Delivered Meals and Caregiver Support to FY 2005 which is necessary to provide funding through Program Year 2004 which ended on September 30, 2004. More specifically, a decrease of \$772,216 and \$625,516 were made in Personnel Services and Operating Expenses, respectively.

# Fund 103

## Aging Grants and Programs

### Board of Supervisors' Adjustments

*The following funding adjustments reflect all changes to the FY 2006 Advertised Budget Plan, as approved by the Board of Supervisors on April 25, 2005:*

- ◆ The Board of Supervisors made no adjustments to this fund.

### Changes to FY 2005 Adopted Budget Plan

The following funding adjustments reflect all approved changes in the *FY 2005 Revised Budget Plan* since passage of the FY 2005 Adopted Budget Plan. Included are all adjustments made as part of the *FY 2004 Carryover Review* and all other approved changes through December 31, 2004.

- ◆ **Carryover Adjustments** **\$1,397,732**  
As part of the *FY 2004 Carryover Review*, the Board of Supervisors approved carryover funding of \$1,397,732 which includes \$772,216 in Personnel Services and \$625,516 in Operating Expenses. The increase is attributable to \$1,320,957 in unexpended FY 2004 grant funds and an increase of \$76,775 primarily due to revised federal and state funding allocations in the Home Delivered Meals Title III-C(2), Family Caregiver Support Title III-E, Care Coordination for the Elderly Virginian, and Long Term Care Ombudsman programs.

*The following funding adjustments reflect all approved changes to the FY 2005 Revised Budget Plan from January 1, 2005 through April 18, 2005. Included are all adjustments made as part of the FY 2005 Third Quarter Review:*

- ◆ **Third Quarter Adjustment** **\$87,083**  
A net increase of \$87,083 is due to the appropriation of additional revenue associated with client fees. This net increase is due to an increase of \$91,850 in the Home Delivered Meals program, \$17,024 in the Care Coordination program, \$15,735 in the Title III-B Community Services program, \$1,185 in the Caregiver Support program, partially offset by a \$38,711 decrease in the Congregate Meals 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 the community rather than entering an institution 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 congregated 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 2002 Actual	FY 2003 Actual	FY 2004 Estimate/Actual	FY 2005	FY 2006
<b>Output:</b>					
Adult and Aging/Long-Term Care clients served	2,093	2,121	2,121 / 2,057	2,057	2,057
Clients served with community-based services (CBS)	6,818	6,707	6,707 / 7,631	6,707	6,707
Meals provided	452,241	451,152	451,152 / 456,735	481,052	481,052
APS and Ombudsman Investigations conducted (1)	744	836	800 / 729	600	600
<b>Efficiency:</b>					
Cost per Adult and Aging/Long-Term Care client	\$4,367	\$4,607	\$4,722 / \$4,697	\$5,033	\$5,071
Cost per CBS client	\$109	\$132	\$168 / \$113	\$127	\$133
Cost per meal	\$9	\$10	\$13 / \$11	\$12	\$12
Cost per investigation (1)	\$1,810	\$1,738	\$2,170 / \$2,139	\$2,263	\$2,338
<b>Service Quality:</b>					
Percent of Adult and Aging/Long-Term Care clients satisfied with services	95%	95%	90% / 91%	90%	90%
Percent of CBS clients satisfied with the information and services	95%	100%	95% / 96%	95%	95%
Percent of clients satisfied with home delivered meal quality and quantity	92%	NA	90% / 96%	NA	90%
Percent of clients satisfied with congregate meal quality and quantity	NA	95%	NA / 95%	90%	NA
Investigations completed within the State standard of 45 days (1)	615	802	720 / 663	540	540
<b>Outcome:</b>					
Percent of clients who remain in their homes after one year of services	83%	88%	80% / 84%	80%	80%
Percent of CBS clients who remain in community after one year of service or information	98%	99%	95% / 99%	95%	95%
Percent of clients served home delivered meals who score at or below a moderate nutritional risk category	40%	47%	40% / 66%	40%	40%
Percent of clients served congregate meals who score at or below a moderate nutritional risk category	87%	84%	80% / 89%	80%	80%
Percent of investigations completed within 45 days (1)	83%	96%	90% / 91%	90%	90%

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

## Fund 103

### Aging Grants and Programs

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#### **Performance Measurement Results**

In FY 2004, 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 an institution after one year of service, achieving outcomes of 84 percent and 99 percent, respectively. The Adult and Aging Services Division met these goals primarily by coordinating services across the organization and with community partners, and by improving access to services. It should also be noted that the number of clients served in community-based services within the division increased due to the implementation of the new Medicare Prescription benefits program. An intra-agency campaign was undertaken through the Virginia Insurance Counseling and Assistance Program (VICAP) to notify low income seniors about a potential \$1,200 benefit. The requirement for this level of service is not expected to continue.

The Adult and Aging Services Division also surpassed its goal for improving the nutritional health of persons receiving nutrition services, as 66 percent of clients who received home delivered meals and 89 percent of clients who received congregate meals scored at or below moderate risk on the Nutritional Screening Initiative. In addition, clients consistently reported a satisfaction rating of over 90 percent as demonstrated by client satisfaction surveys administered for each of these meal programs in FY 2004.

# Fund 103

## Aging Grants and Programs

### FUND STATEMENT

Fund Type G10, Special Revenue Funds

Fund 103, Aging Grants and Programs

	FY 2004 Actual	FY 2005 Adopted Budget Plan	FY 2005 Revised Budget Plan	FY 2006 Advertised Budget Plan	FY 2006 Adopted Budget Plan
<b>Beginning Balance</b>	<b>\$817,229</b>	<b>\$0</b>	<b>\$788,749</b>	<b>\$0</b>	<b>\$0</b>
Revenue:					
Federal Funds	\$1,296,033	\$1,273,501	\$1,589,340	\$1,306,990	\$1,306,990
State Funds	725,444	727,377	987,975	776,560	776,560
Project Income	428,897	362,065	481,306	369,681	369,681
Other Jurisdictions' Share of Ombudsman Program	98,432	111,076	111,076	111,076	111,076
City of Fairfax	33,013	33,013	33,013	33,013	33,013
City of Falls Church	36,306	36,306	36,306	36,306	36,306
Private Corporations	4,141	9,454	9,842	7,337	7,337
Total Revenue	\$2,622,266	\$2,552,792	\$3,248,858	\$2,640,963	\$2,640,963
Transfer In:					
General Fund (001)	\$1,835,826	\$2,049,425	\$2,049,425	\$2,558,613	\$2,558,613
Total Transfer In	\$1,835,826	\$2,049,425	\$2,049,425	\$2,558,613	\$2,558,613
<b>Total Available</b>	<b>\$5,275,321</b>	<b>\$4,602,217</b>	<b>\$6,087,032</b>	<b>\$5,199,576</b>	<b>\$5,199,576</b>
Grant Expenditures:					
<b>67450G</b> , Title III B, Community-Based Social Services	\$664,339	\$671,072	\$867,141	\$698,866	\$698,866
<b>67451G</b> , Title VII Ombudsman	320,760	335,777	445,870	377,507	377,507
<b>67452G</b> , Fee for Services/Homemaker	252,658	229,048	319,226	226,931	226,931
<b>67453G</b> , Title III C(1) Congregate Meals	1,447,650	1,695,685	2,223,817	1,734,080	1,734,080
<b>67454G</b> , Title III C(2) Home-Delivered Meals	945,160	879,934	1,172,033	1,279,683	1,279,683
<b>67455G</b> , Care Coordination for the Elderly Virginian	639,738	617,440	797,960	674,478	674,478
<b>67456G</b> , Caregiver Support	216,267	173,261	260,985	208,031	208,031
Total Grant Expenditures	\$4,486,572	\$4,602,217	\$6,087,032	\$5,199,576	\$5,199,576
<b>Total Disbursements</b>	<b>\$4,486,572</b>	<b>\$4,602,217</b>	<b>\$6,087,032</b>	<b>\$5,199,576</b>	<b>\$5,199,576</b>
<b>Ending Balance<sup>1</sup></b>	<b>\$788,749</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>

<sup>1</sup> The FY 2005 Revised Budget Plan ending fund balance is \$0 and reflects the utilization of the FY 2004 ending fund balance of \$788,749 to partially offset grant expenditures in FY 2005 based on Program Year requirements.