

2023 – 2024
AREA PLAN UPDATE
Revision #2

As Approved
by the California Department of Aging
January 27, 2024

Proposed Revisions
Shown in Yellow
May 10, 2024

AGENCY ON AGING \ AREA 4
1401 EL CAMINO AVENUE, SUITE 400
SACRAMENTO, CA 95815

TRANSMITTAL LETTER
2020-2024 Four Year Area Plan/ Annual Update
Check one: FY 20-24 FY 21-22 FY 22-23 FY 23-24

AAA Name: Agency on Aging \ Area 4

PSA 4

This **second** revision to the Area Plan Update is hereby submitted to the California Department of Aging for approval. The Governing Board and the Advisory Council have each had the opportunity to participate in the planning process and to review and comment on the Area Plan. The Governing Board, Advisory Council, and Area Agency Director actively support the planning and development of community-based systems of care and will ensure compliance with the assurances set forth in this Area Plan. The undersigned recognize the responsibility within each community to establish systems in order to address the care needs of older individuals and their family caregivers in this planning and service area.

1. Meghan Rose
(Type Name)

Signature: Governing Board Chair ¹

Date

2. Kelly Carpenter
(Type Name)

Signature: Advisory Council Chair

Date

3. Pamela Miller
(Type Name)

Signature: Area Agency Director

Date

¹ Original signatures or official signature stamps are required.

7.2 Contracted Services	7/23 to 6/24	CS	Updated
<p>(A) <u>Support, Monitor & Evaluate Funded Partners</u>: For the following service under a single contract to cover PSA 4 as well as PSA 11 (San Joaquin County) and PSA 29 (El Dorado County), provide direct support to the Funded Partner as needed and/or requested; monitor their compliance with data, fiscal and program requirements; and, evaluate their progress in meeting pre-defined goals in a way that balances the needs of the organization with the needs of current and prospective clients. In addition, assist the Funded Partner to promote Food Security and Housing Security within their existing scope of work as appropriate.</p> <p>1) Health Insurance Counseling & Advocacy Program (HICAP)</p> <p><i>Regional Services Specialist A & Accountants/Auditors, Assistant Director, Contracts Coordinator, Controller, Regional Services Specialist B, Systems Specialist.</i></p>			

7.3 Direct Services	7/23 to 6/24	DS	Revision #2
<p>(A) <u>Support, Monitor & Evaluate Direct Services</u>: For direct services offered in PSA 4, AAA4's Leadership Team shall provide support as needed and/or requested; monitor compliance with data, fiscal and program requirements; and, evaluate progress in meeting pre-defined goals in a way that balances the needs of the organization with the needs of current and prospective clients. AAA4 shall also promote Food Security and Housing Security within the existing scope of work as appropriate.</p> <p>1) Cash/Material Aid 2) Elder Abuse Prevention 3) Employment (Job Readiness Program) 4) Health Promotion/Disease Prevention (Title III-D) a) DEEP: Diabetes Empowerment Education Program b) Matter of Balance (Fall Prevention Program) c) SAIL: Stay Active & Independent for Life (Exercise Program) d) Walk with Ease (Exercise Program) 5) LTC Ombudsman 6) Nutrition Education a) Cooking Matters (an Evidence-Based program) b) Eat Smart, Live Strong (an Evidence-Based program) 7) Caregiver Support via BRICC: Benjamin Rose Institute Care Consultation (an Evidence-Based program) 8) Housing (Key Connections): June 1 – June 30, 2024</p> <p><i>Executive Director & Assistant Director, Direct Services Administrator, Fiscal Services Administrator, Regional Services Administrator, Strategic Planning Administrator.</i></p> <p><i>All Ombudsman Staff, Dietician, Health Promotion Coordinators, Job Readiness Coordinator, Program Manager/Developer, Person Centered Counselors & HomeShare Coordinator.</i></p>			

Other Title III-B Category: Housing

Unit of Service = Placements

Fiscal Year	Proposed Units of Service	Goal Numbers	Objective Numbers
2020-2021	0	N/A	N/A
2021-2022	0	N/A	N/A
2022-2023	0	N/A	N/A
2023-2024	1	7	7.3(A)8

1. Title IIID/ Disease Prevention and Health Promotion

Instructions for Title IIID Disease Prevention and Health Promotion: Enter the name of the proposed program to be implemented, proposed units of service and the Program Goal and Objective number(s) that provide a narrative description of the program, and explain how the service activity meets the criteria for evidence-based programs described in PM 15-10 if not ACL approved.

Unit of Service = 1 contact

Service Activities: DEEP: Diabetes Education & Empowerment Program

- **Title IIID/ Disease Prevention and Health Promotion:** Enter required program goal and objective numbers in the Title III D Service Plan Objective Table below:

Fiscal Year	Proposed Units of Service	Goal Numbers	Objective Numbers (Required)
2020-2021	60	7	7.3.A.4.a
2021-2022	60	7	7.3.A.4.a
2022-2023	60	7	7.3.A.4.a
2023-2024	60	7	7.3.A.4.a

SECTION 15 - REQUEST FOR APPROVAL TO PROVIDE DIRECT SERVICES PSA 4

Older Americans Act Reauthorization Act of 2016
Section 307(a)(8)
CCR Article 3, Section 7320(c), W&I Code Section
9533(f)

Complete and submit for CDA approval a separate Section 15 for each direct service not specified in Section 14. The request for approval may include multiple funding sources for a specific service.

Check box if not requesting approval to provide any direct services.

Identify Service Category: Housing

Check applicable funding source:¹⁰

IIIB

IIIC-1

IIIC-2

IIID

IIIE

VIIA

HICAP

Request for Approval Justification:

Necessary to Assure an Adequate Supply of Service OR

More cost effective if provided by the AAA than if purchased from a comparable service provider.

Check all fiscal year(s) the AAA intends to provide service during this Area Plan cycle.

FY 20-21 **FY 21-22** **FY 22-23** **FY 23-24**

Provide: documentation below that substantiates this request for direct delivery of the above stated service¹¹: See next page.

1. Section 15 does not apply to Title V (SCSEP).
2. For a HICAP direct services waiver, the managing AAA of HICAP services must document that all affected AAAs agree.

SECTION 15 – Housing

Housing security is a paramount concern for older adults who are being affected by the severe shortage of housing units in the State and in the Sacramento region which is driving up costs for people who own their homes as well as those who rent a home. At the same time, loneliness and social isolation remain pervasive problems.

Co-living represents a fresh and dynamic approach to address the current shortage of housing with housing wants and needs of older adults, aligning with modern older adults' aspirations for independence, social engagement, and active lifestyles. By promoting communal living, shared experiences, and support services, co-living caters to the evolving needs and desires of older adults. As the aging population continues to grow, the demand for innovative and inclusive living options is expected to increase. Co-living is more than a roommate matching service, it strives to foster a sense of belonging, enhancing overall well-being.

AAA4's newly branded Key Connections Co-living program will focus on age 60+ home providers and home seekers and will match compatible individuals in a mutually beneficial co-living arrangement.

AAA4 Staff will perform extensive in-person screenings of both parties and facilitates in-person engagements between them. If the home providers and home seekers feel a match could be made, then a short-term, in-home visit will be scheduled and conducted as a tool to finalize the match before moving forward with a written co-living agreement.

While there are not nearly enough affordable housing units to meet the demand, there are enough unoccupied bedrooms among the existing housing stock to potentially house hundreds of people. AAA4's Key Connections Co-Living Program of AAA4 will provide a safe mechanism for homeowners to convert some of those spare rooms into living spaces, and it does so in a person-centered manner that brings tangible value to home providers and home seekers.

SECTION 21 - ORGANIZATION CHART

