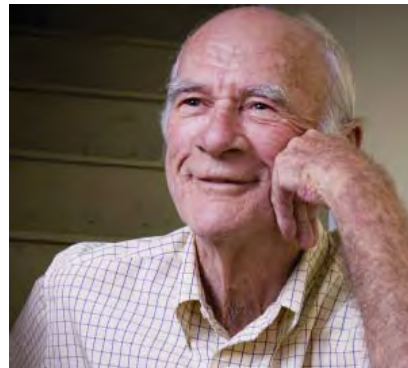


# Changing the Way We Age

*2008 Annual Report*



*The Source for Seniors*



## Caregiver Services

### From the Executive Director

Economic downturn and financial distress dominated the headlines in 2008 and paved the way for financial cuts and budget woes at organizations across the nation. Older adults were fortunate that funding for the MI Choice Medicaid Waiver increased significantly in FY 2008. Funding for other federal and state programs were maintained at FY 2007 levels, allowing AAAWM to continue providing essential services for seniors throughout our region.

Highlights of FY 2008:

- **Caregiver Services-** education, training and support programs were added to meet the growing needs of family caregivers and to reduce caregiver stress.
- **Nursing Home Diversion and Transition-** a new program encouraging caregivers and older adults to utilize their own financial resources was implemented while the transition program continued to grow and move more individuals back into the community.
- **Evidence-based Health Promotion Programs-** more locations and instructors for Evidence-based Health Promotion programs were added throughout the region to keep older adults healthy and active. A new program was started to target those with arthritis.

As we enter FY 2009, the Area Agency on Aging of Western Michigan and the aging network are poised to advocate for the resources necessary to meet the needs of the older adult population and to address the changing way we age.



Tom Czerwinski  
Executive Director

*“The program is exactly what I need. Now I feel like I can keep caring for my mom.”*

*-Karen M., Caregiver Support client*

There are changes nation-wide in caregiver education, training and support. In West Michigan, more families provide care for older adults and search for resources to ease the stress associated with caregiving. New supplemental caregiver services were added under the Older Americans Act to help caregivers in crisis by providing one time funding for emergency needs.

The Caregiver Resource Network (CRN), a collaboration of more than 60 West Michigan organizations coordinated by AAAWM and Grand Rapids Community College Older Learner Center, redesigned its website ([www.caregiverresource.net](http://www.caregiverresource.net)) in 2008. In less than three months, it attracted 3,700 online visitors, demonstrating a shift in the technological savvy of caregivers and how they prefer to receive information.

A region-wide caregiver appreciation luncheon, attended by approximately 140 caregivers, an increase over last year, was held at Frederik Meijer Gardens in Grand Rapids.



### Area Agency on Aging of Western Michigan (AAAWM)

Established in 1974, AAAWM exists to help older adults and persons with disabilities live in their community with independence and dignity. AAAWM serves Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceola counties.

Area Agency on Aging of Western Michigan

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Grand Rapids, MI 49503

(616) 456-5664 or (888) 456-5664

[www.aaawm.org](http://www.aaawm.org)

## Older Americans Act Services

In FY 2008, supplemental services were added for caregivers. The new program works with currently funded agencies and provides a one time emergency purchase to help prevent or reduce caregiver stress and offers additional support.

Improvements were made to streamline submission of client and service data from providers to AAAWM through the National Aging Programs Information System (NAPIS). The process is now 95% electronic; improving data efficiency and accuracy region-wide.

Type of Service	Clients	Units
Adult Day Care	105	33,513
Care Management	331	2,639
Caregiver Education Training and Support	362	372
Congregate Meals	4,739	171,989
Counseling	178	492
Disease Prevention/Health Promotion	128	85
Elder Abuse Prevention Education	1,649	356
Home Delivered Meals	4,534	798,453
Home Support	61	61
Homemaker	1,081	36,291
Homemaker Respite	87	4,454
Information and Assistance	---	16,231
Legal Assistance	157	666
Long Term Care Ombudsman	1,562	1,258
Medication Management	12	955
Outreach and Assistance	3,801	6,863
Personal Care	167	12,462
Respite	244	25,370
Senior Center Staffing	---	8,799
Transportation-Assisted	907	17,021
Transportation-Public	546	14,903

## Evidence-based Health Promotion Programs

Evidence-based Health Promotion programs continue to be a region-wide focus as individuals and organizations begin to change the way we age by concentrating on disease prevention and healthy aging.

A Matter of Balance: *Managing Concerns about Falls*, Personal Action Toward Health (PATH) Chronic Disease Self-Management program and EnhanceFitness® added more coaches and locations throughout West Michigan to meet the growing need. The Arthritis Foundation Exercise Program was added and began classes in Kent County with plans to roll out to other counties in FY 2009.

In FY 2008 the following evidence-based programs were offered:

- **EnhanceFitness®** - Ionia, Kent and Mecosta counties
- **A Matter of Balance** - Allegan, Ionia, Kent, Lake, Mason, Mecosta and Montcalm counties
- **PATH** - Ionia, Kent, Mason, Mecosta and Montcalm counties
- **Arthritis Foundation Exercise Program** - Kent County



### Michigan Medicare/Medicaid Assistance Program (MMAAP)

Medicare and Medicaid assistance is an ever growing need for older adults and those with disabilities. In FY 2008, counselors and volunteers reached 7,975 individuals throughout the region and helped older adults save over \$1,463,305 in medical costs. Forty-six volunteers spent over 2,300 hours counseling beneficiaries.

*“I tell myself to never stop moving. You have to keep moving, no matter what. You’ve got to move it or you lose it.”*

*-Pat G., Matter of Balance participant*

## FY 2008 Revenues

Foundation Grants	\$	5,443
Program Income		50,328
Interest Income		850
Local Match		130,450
Title V Employment Program		401,557
Nutrition Services Incentive Program		623,806
State of Michigan		2,892,931
Federal Administration on Aging		3,225,138
Medicaid Waiver		7,367,600
Kent County Senior Millage		6,920,963

**Total** \$ **21,619,066**



## Nursing Home Diversion and Transition Programs

Michigan Office of Services to the Aging awarded AAAWM a \$95,000 eighteen month grant in FY 2008 to incorporate an innovative approach to prevent older adults from entering nursing homes, changing the way many view aging. The program, Choices for Independence, has a focus on providing caregivers and older adults with information about utilizing their resources to stay in their own homes as they age. The program served 42 clients in FY 2008 and is now serving Allegan, Kent, Montcalm and Newaygo counties.

The Nursing Facility Transition program (NFT) helps individuals transition out of nursing facilities and back into a home setting. NFT worked with 76 clients and transitioned 54 back to the community in FY 2008, which is an increase from FY 2007 when 50 individuals were served.

## FY 2008 Expenditures

Program Development	\$	164,839
Care Management		2,722,221
Administration		1,124,400
Employment Services		371,158
Carried over to FY 2009		21,977
In-Home Services		1,246,392
Supportive Services		982,864
Congregate Meals		708,770
Home Delivered Meals		2,306,997
Medicaid Waiver Services		5,719,986
Kent County Senior Millage Services		6,087,309
Single Point of Entry		162,153

**Total** \$ **21,619,066**

## MI Choice Medicaid Waiver

The MI Choice Medicaid Waiver program provides in-home long-term care to adults 65 and older and to individuals with disabilities who are medically eligible for nursing facility placement, able to meet Medicaid requirements and have a need for community-based services. In FY 2008, AAAWM served 638 clients in the MI Choice Medicaid Waiver program.

AAAWM's partnership with West Michigan Long Term Care Connection expanded as AAAWM began operating the call center for their 12 county region. Call center staff are instrumental in providing information for caregivers and older adults who may qualify for Medicaid Waiver services.

The Waiver also incorporated Self Determination into the program; clients play an active role in hiring their own individual caregivers.

*"I am happy and have peace of mind. I can do for myself now. I don't have to worry and it really feels good."*

*-Marie W., Nursing Facility Transition client*

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*Ojars Smits*

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*F. Robert Deane, M.D.*

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*Priscilla Kimboko*

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*Kristy Wietholter\**

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*Jack Devine*

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*\* denotes former member*