



Robert P. Astorino, Westchester County Executive  
Westchester County Board of Legislators

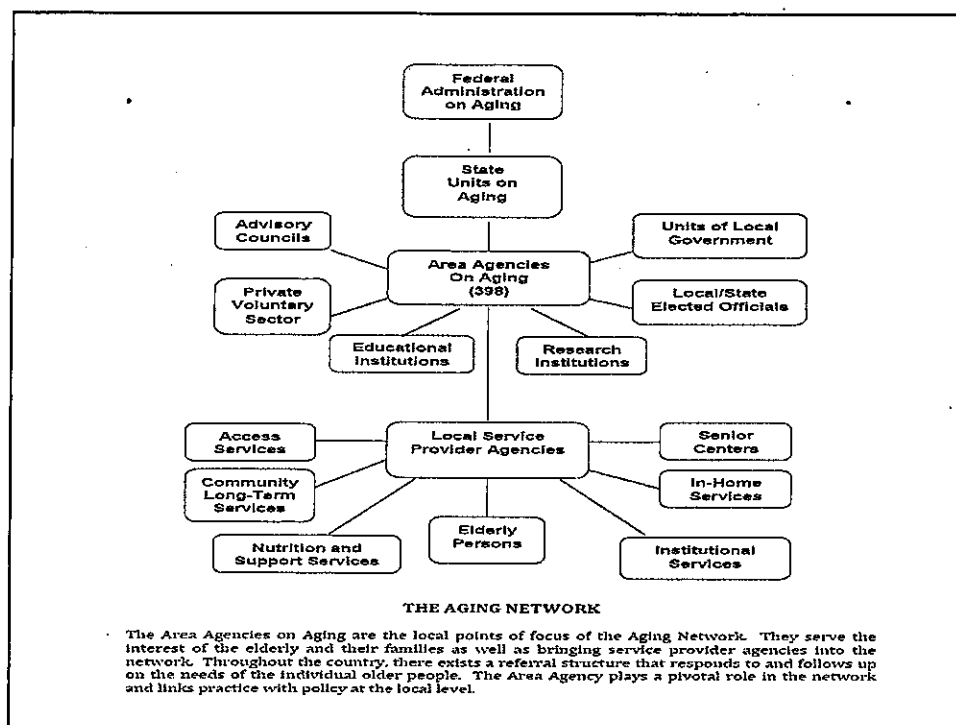
2018 BUDGET PRESENTATION TO  
THE BOARD OF LEGISLATORS  
BUDGET AND APPROPRIATIONS COMMITTEE  
NOVEMBER 29, 2017

Supplemental Information to the County Budget

WESTCHESTER COUNTY  
DEPARTMENT OF SENIOR PROGRAMS AND SERVICES  
Mae Carpenter, Commissioner

#### MISSION

The mission of the Westchester County Department of Senior Programs and Services is to preserve the independence and dignity of the County's elderly population by providing services and programs to maintain physical, mental, social, health and wellness needed to prevent unnecessary and premature dependence and institutionalization thereby allowing older persons to remain in their own homes and continue active participation in community life for as long as possible. Community-based services support cost containment and are cost-avoidance for tax payers. The Department's mission also includes providing assistance to family caregivers who provide 80% of the care for the frail elderly to enable them to remain at home and thereby avoiding the costs to taxpayers for more expensive Medicaid funded services such as round the clock in-home services or nursing home placement.



#### GUIDING PRINCIPLES FOR 2018 BUDGET

Gross expenses are categorized by the categories below with funds allocated based upon mandates and restrictions by all funding sources:

- Required Area Agency on Aging functions that advance the Mission and Increase the number of elderly that can be served with reduced resources 2.31%
- Restricted Services Provided by the Department 20.59%
- Restricted Services Provided by Subcontractors 60.86%
- Restricted Administrative Activities required for AAA's 4.85%
- Discretionary Services Provided by the Department 1.57%
- Discretionary Services Provided by Subcontractors 6.12%

Also, where there was flexibility, services are further sub-categorized by:

- Quality of life and preventive activities 2.81%
- At-risk of being in crisis services .89%

The Older Americans Act programs primarily focus upon quality of life and preventive services such as information on available services, access by transportation to multi-purpose senior centers for socialization, health and wellness through nutrition, exercise, participating in the arts, legal assistance and life-long learning programs.

## II. PRIORITY SERVICES

### A. Services Mandated By Federal or State Funding Sources

There are six (6) service categories mandated by Federal and State Funding Sources:

1. ACCESS SERVICES (ACCESS)
  - Information and Assistance
  - Case Management
  - Transportation
  - In-home Contact & Support
2. COMMUNITY-BASED SUPPORTIVE SERVICES (CBSS)
  - Elder Abuse Program (Nursing Home Long Term Care Ombudsman)
  - Legal Services
  - Weatherization Program
  - Health Insurance Counseling
  - Grandparent Support Services
  - Livable Communities Outreach Program
  - Victim's Assistance & Crime Prevention Programs
3. EMPLOYMENT SERVICES (EMP)
4. FOOD AND NUTRITION SERVICES (F&N)
  - Congregate Meals
  - Home Delivered Meals
  - Nutrition Counseling
  - Nutrition Education
  - Supplemental Nutrition Assistance Program (Food Stamp Program)
5. COMMUNITY-BASED LONG TERM CARE SERVICES (CBLTCS)
  - Homemaker/Personal Care Services
  - Housekeeper/Chore Services
  - Respite Services
  - In-Home Ancillary Services, Personal Emergency Response Systems
  - Family Caregiver Support Services
  - Caregiver Resource Centers
  - Escort - Assisted Transportation
  - Adult Day Care Services

6. HEALTH AND WELLNESS PROGRAMS (H&W)
  - Exercise Programs
  - Breast Cancer Screening and Education
  - Chronic Disease Self-Management

### B. Services Targeted to Frail Elderly But Not Mandated

Services targeted to the frail elderly but not mandated by Federal or State Funding Sources:

- Guardianship
- Alzheimer's Tracking Program

### C. Congregate Services Targeted to Independent Elderly But Not Mandated

- Senior Center Recreation and Education
- Special Events and Enrichment Programs
- Volunteerism

#### New Initiative - Shared Housing Program:

The shared Housing Program is being initiated to train Houses of Worship to identify and recruit members who are seeking housing due to financial, social isolation or safety issues. The department will provide Section 8 standards to ensure shared housing requirements are uniform. We will promote the program through social service agencies to vet tenants and advise them of the benefits of the program. The department will target home care and health care workers due to the severe shortage of these workers in the county.

#### CHANGES IN FUNDING

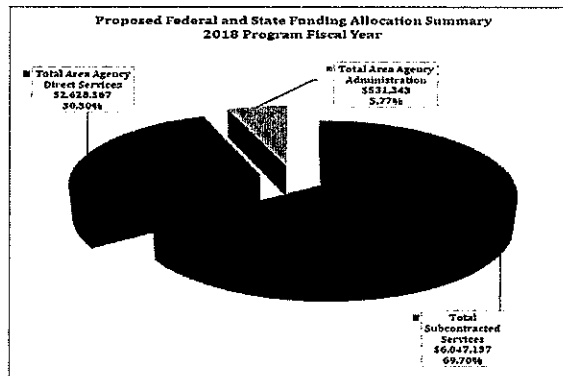
- 1) County Comprehensive Aging and Board of Legislator Funds have been cut (45.74%) since 2010, representing a loss of (\$1,925,316). In 2010 these funds totaled \$4,209,178.
- 2) 2018 County and BOL Funds of \$2,283,862 represents a decrease of (\$519,000) or (18.52%) from the 2017 amount of \$2,802,862.
- 3) 2018 Federal & State Funding of \$9,206,847 represents a decrease of (\$712,560) or (7.18%) from 2017 levels.

Grant	2017 Federal / State Allocation	2018 Federal / State Allocation	Federal/State Funds Difference - col 2 - col 1
Title IIIB	\$1,099,621	\$1,102,021	\$2,400
Title IIIC	\$1,692,324	\$1,702,124	\$9,800
Title IIID	\$71,267	\$55,167	(\$16,100)
Title IIIE	\$451,457	\$453,737	\$2,280
Title V	\$322,194	\$294,969	(\$27,225)
Health Insurance Counseling	\$21,501	\$21,501	\$0
Medicare Improvement Program	\$24,785	\$24,785	\$0
Balancing Incentive Program	\$609,777	\$303,000	(\$306,777)
Balancing Incentive Program - Caregiver	\$81,526	\$0	(\$81,526)
Fully Integrated Dual Advantage	\$45,000	\$45,000	\$0
Community Services for the Elderly/CSI	\$1,524,918	\$1,524,918	\$0
Expanded In-home Services for the Elderly	\$2,517,305	\$2,517,305	\$0
Wellness in Nutrition	\$1,046,568	\$1,046,568	\$0
NY Connects	\$168,267	\$42,067	(\$126,200)
Transportation	\$54,074	\$54,074	\$0
Caregivers Resource Center	\$19,611	\$19,611	\$0
Direct Care Worker	\$169,232	\$0	(\$169,232)
<b>Totals</b>	<b>\$9,919,407</b>	<b>\$9,206,847</b>	<b>(\$712,560)</b>

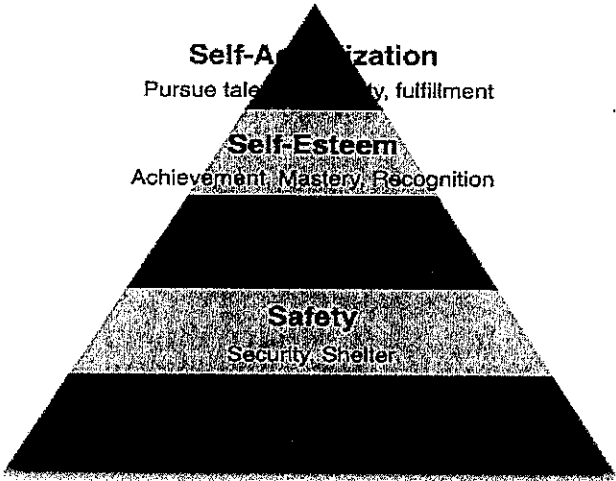
#### Westchester County Department of Senior Programs and Services Proposed Federal and State Funding Allocation Summary 2018 Program Fiscal Year

	ALL GRANTS	% of Total
1. Total Subcontracted Services Allocation	\$6,047,137	69.70%
2. Total Area Agency Direct Services Allocation	\$2,628,367	30.30%
3. Total Services Allocation (L1+L2)	\$8,675,504	94.23%
4. Total Area Agency Administration Allocation	\$531,343	5.77%
Total Services and Area Agency Administration (L3+L4)	\$9,206,847	100.00%

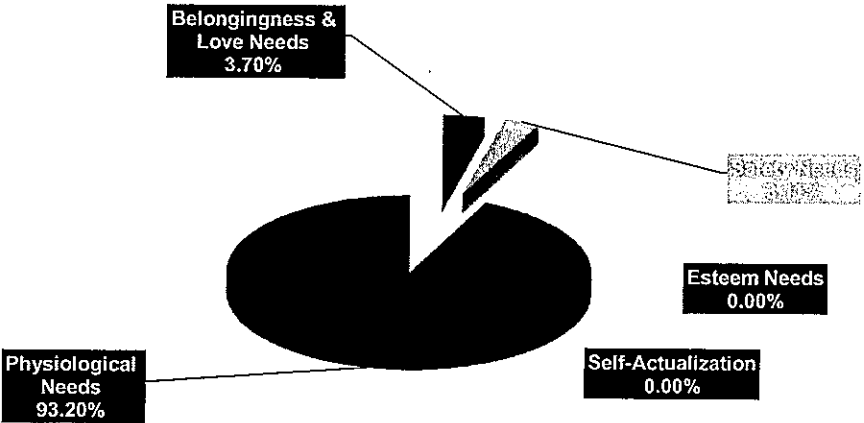
#### Proposed Federal and State Funding Allocation Summary 2018 Program Fiscal Year



# MASLOW'S HIERARCHY OF NEEDS



Westchester County Department of Senior Programs and Services  
2018 Funding Distribution Categories By Maslow's Hierarchy of Needs



### Who are Today's Westchester Seniors

- **Estimated 60+ Population: 193,792**
- **They are a Diverse Population**
- **They Have the Highest Longevity in the State: 79.2 yrs**
- **They very often have Disabilities**  
60+ Population with one or more types of disabilities is estimated to be over 50,000
- **Many have Chronic Illnesses**  
Chronic conditions are singled out as the major cause of illness, disability, and death in the United States. It is estimated that the cost of chronic conditions will reach \$864 billion by 2040, with chronic conditions among older adults being more costly, disabling, and difficult to treat – and also the most preventable.

## ***Today's Westchester Seniors***

- **The Majority are on Fixed Incomes**  
Economic security of the older adult is founded on Social Security, and for many, on retirement income from private and public retirement and pension plans and other sources such as annuities.
- **For some, income conflicts with expenses**  
Prescription drug and other out-of-pocket health care costs, local property and other taxes and household and housing expenses remain vital concerns of some older Westchester residents, particularly, with advancing age and among minority and impaired elderly.

## ***Today's Westchester Seniors***

***(cont'd)***

- ***Are disproportionately impacted by Health Care Costs***

Health care costs disproportionately impact older persons and increase with the onset of chronic health conditions.

While more elders today are insulated against rising costs by insurance covering gaps in Medicare, out-of-pocket expenditures continue to rise dramatically for the uninsured – often the poor and those with chronic health problems – as health care costs outpace inflation.

## ***Today's Westchester Seniors***

***(cont'd)***

- ***They are mostly women***

Women spend less time in the workforce than their male counterparts.

This translates into lower pay rates, lower personal earnings, and lower retirement income compared with men.

The greater longevity among women compared to men tends to translate into women spending more time living alone as they age and more likely to be in need of long term care services, and therefore, Medicaid.

## ***Today's Westchester Seniors***

*(cont'd)*

- ***They are Caregivers***

There are over 55,000 family caregivers in Westchester – caring for their loved one 60+. Middle-aged adults are devoting more resources to their grown children. Among all adults, 75% say adults have a responsibility to provide financial assistance to an elderly parent who is in need

The average caregiver is 46 years old, female, married, working outside the home, and earning an annual income of \$35,000.

Women who assume elder care responsibilities early in life are at a higher risk of poverty later because of foregoing promotions, reducing their working hours or quitting their jobs altogether to care for a loved one.

## ***Today's Westchester Seniors***

*(cont'd)*

- ***They are the Baby Boomers! Many want to AGE IN PLACE***

The aging of the Baby Boomers provides us with challenges as well as tremendous resources and opportunities. Westchester County has developed and continues to develop strategies to:

Ensure individuals of all ages have access to a single, accountable and responsible entity at the local level that can provide information, assistance and screening for all long-term care services in the community.

Ensure an adequate and trained workforce exists in health, long term care and social services.



### **Livable Communities: *A Vision for All Ages***

Livable Communities is a self-empowering program through information and education that has impacted every municipality to facilitate successful aging.

The Livable Communities Resolution was approved at the 2005 White House Conference on Aging and subsequently included in the re-authorization of the Older Americans Act.

### **Livable Communities: *A Vision for All Ages***

#### **Funding**

Westchester County has generously funded Livable Communities with County funds to avoid adding to the burden of the federal grants that have not increased proportionally to the growing size and needs of our older population.

**The 2017 and 2018 funding is \$239,000/year.**

## Livable Communities: *A Vision for All Ages*

### Livable Communities Achievements

- 122,294 Livable Communities Connections Contacts-A contact is the number of people touched by an LCC Coordinator through various Livable Communities programs and events.
- 85 Educational Forums to Date that would include
  - Financial Education Day
  - Legal & Financial Planning
  - Alzheimer's Disease and Related Dementias Education
- Caregiver Support Education
- 205 Speakers Bureau Presenters in 19 categories
- 286 Villages representing 284,992 members -Village Approach
- 63 Caregiver Coaches
- Care Circles of Westchester Training

## Livable Communities: *A Vision for All Ages*

18 Livable Communities Collaborative which include :

- |                               |                             |
|-------------------------------|-----------------------------|
| • Age Friendly                | Health Insurance            |
| • Alzheimer's/Dementia        | Housing                     |
| • Caregiving                  | Hunger                      |
| • Elder Law/Economic Security | Intergenerational Programs  |
| • Elder Abuse                 | Long Term Care              |
| • Education                   | Mental Health               |
| • Health and Wellness         | Palliative Care             |
| • Technology                  | Transportation and Mobility |
| • Veterans                    | Management                  |
|                               | Westchester Disability      |
|                               | Advocacy                    |

## Livable Communities: *A Vision for All Ages*

- 1541 contacts for Health for Life Program- HeLP  
( Chronic Pain, Tomando de Salud, Chronic Disease)
- 80 participants in 2 Aging Mastery Program Classes- 10 sessions each
- CarePrep Westchester
  - To educate current and future caregivers by offering the resources they need to provide the best care possible for their loved ones and themselves and to bring caregiver issues to the forefront, thereby increasing public awareness about what has become an important societal issue
  - Creation of Livable Communities URL that will facilitate mapping of multiple services

## Livable Communities: *A Vision for All Ages*

### Livable Communities Awards

The Livable Communities initiative has won many awards from:

- The National Association of Counties
- The National Association of Area Agencies on Aging.
- In partnership with WPPP and AARP, it received international Livable Communities awards in a global competition endorsed by the United Nations. They were presented by LivCom, which sponsors the world's only international competition for Livable Communities projects.
- Westchester County was one of the first seven members nationwide in the AARP Network of Age-Friendly Communities. Through AARP, it became a member of the Global Network of Age-Friendly Cities and Communities of the United Nations' World Health Organizations.

### **Telehealth Intervention Programs for Seniors (TIPS)**

- The Telehealth Intervention Programs for Seniors delivers health related information via telecommunications technology.
- Social programs such as: Care Coaching and Care Circles are also part of the service programs.
- The use of students offers an inter-generational approach.
- The interaction in a community setting and the other service offerings available make this program unique in the healthcare field. Health and wellbeing is assessed using noninvasive FDA approved medical services

### **Telehealth Intervention Programs for Seniors (TIPS)**

- Data collected include blood oxygen levels, blood pressure, pulse and weight.
- A telehealth nurse reviews the data at a remote location.
- If the nurse has any immediate the vital measurements he/she may contact the participant and/or caregiver or primary care physician.
- What makes TIPS unique from other telehealth programs is that it is comprised of several unique components described as Hi-Touch meets Hi-Tech.
- The non-invasive capture of vital signs is held in community settings allowing for interaction among seniors and student technician and support associates.

## Telehealth Intervention Programs for Seniors (TIPS)

### Funding

Westchester County has generously funded the TIPS program with County funds to provide services to the general population at various sites.

**The 2017 and 2018 funding is \$280,000/year.**

## Telehealth Intervention Programs for Seniors (TIPS)

The TIPS program has won several National Awards for its unique service to seniors and is being replicated nationally.

**Telehealth Intervention Programs for Seniors  
(TIPS)**

As you can see and read both the Livable Communities and the TIPS program has not only saved the Westchester taxpayers money, it has reduced isolation, promoted improved health outcomes and encouraged community engagement