

# Department of

SENIOR PROGRAMS AND SERVICES

2024 Executive Proposed Budget

# Core Programs & Functions

- 1. ACCESS SERVICES:** Case Management, Escort-Assisted Transportation, Health Insurance I & A and Counseling, Hunger Relief & Food Insecurity Programs, Information and Assistance, NY Connects I&A and Person Centered Counseling, Public Information & Transportation
- 2. NUTRITION PROGRAMS:** Congregate Meals, Farmer's Market Program, Health Promotion with Exercise Programs, Home Delivered Meals, Nutrition Counseling & Education
- 3. IN-HOME CONTACT & SUPPORT SERVICES:** Homemaker/Personal Care Services, Housekeeper/Chore Services, In-Home Ancillary Services, Personal Emergency Response Systems, In-Home Contact and Support & Participant Directed Services for Home Care
- 4. SUPPORTING CAREGIVERS:** Caregiver and Relative Caregiver Counseling, Support Groups & Training, Caregiver and Relative Caregiver Information & Assistance, Caregiver Public Information, Caregiver Resource Centers, Personal Locator Services, Respite & Social Adult Day Care

# Core Programs & Functions continued

5. **ACTIVITIES FOR HEALTH, INDEPENDENCE & LONGEVITY:** Foster Grandparent Program, Intergenerational Programs, Senior Center Recreation & Education, Special Events & Volunteer Programs
6. **DISEASE PREVENTION & HEALTH PROMOTION:** Cancer Screenings & Education, Chronic Disease Self-Management Programs, Disease Prevention Programs, Integrated, Evidence-Based & Sustainable Participant Directed Services & Telehealth Services
7. **ELDER JUSTICE PROGRAMS:** Elder Abuse Education and Intervention Programs, Guardianship & Legal Assistance
8. **SUPPORTING AGING IN PLACE – Age Friendly Westchester:** Livable Communities Education, Livable Communities Outreach and Public Information

# Budget Summary

| ITEM                       | 2023                | 2024                |
|----------------------------|---------------------|---------------------|
| Operating Positions        | 1                   | 1                   |
| Trust Positions            | 36                  | 36                  |
| <b>TOTAL POSITIONS</b>     | <b>37</b>           | <b>37</b>           |
|                            |                     |                     |
| Personal Service           | \$6,306,635         | \$6,576,003         |
| Equipment                  | \$0                 | \$0                 |
| Materials & Supplies       | \$534,453           | \$538,222           |
| Contractual Expenses       | \$11,380,957        | \$12,102,595        |
| Inter-Departmental Charges | \$981,639           | \$1,041,809         |
| <b>TOTAL EXPENDITURES</b>  | <b>\$19,203,684</b> | <b>\$20,258,629</b> |
|                            |                     |                     |

# Budget Summary

| ITEM   | 2023                | 2024                |
|--|---------------------|---------------------|
| Inter-Departmental Revenue   | \$290,720           | \$290,720           |
| Departmental Revenue (includes citizen contributions, nutrition supplement and contractor match) | \$2,098,199         | \$2,096,465         |
| State & Federal Aid  | \$11,865,970        | \$12,328,877        |
| <b>TOTAL REVENUE</b>   | <b>\$14,254,889</b> | <b>\$14,716,062</b> |
|  |                     |                     |
| <b>DEPARTMENT TAX LEVY</b>   | <b>\$4,948,795</b>  | <b>\$5,542,567</b>  |
|  | <b>\$19,203,684</b> | <b>\$20,258,629</b> |

# New Initiatives & Highlights

## **Live Well & Age Well: The Planning Ambassadors for Aging Program**

- A program designed to help plan for a successful quality of life in the future, through a comprehensive survey that covers a variety of topics including long term care, caregiving, technology, housing, transportation, nutrition and more. The program was developed by the department of Senior Programs and Services and Fordham University's Ravazzin Center on Aging. A respondent must be 18 years or older to participate in this voluntary anonymous survey, which should take no more than 20 minutes to complete. The data will be used to plan for needed programs and services in Westchester County. A resource guide is available in print and on-line.

## **Living the Later Years Newspaper**

- The DSPS Living the Later Years Newspaper is distributed quarterly to over 130,000 Westchester households. The paper provides information on federal, state and local policies and includes helpful information about programs and services available to seniors as well as upcoming events. No technology is needed to access this valuable information.

## **Essentials of the SMART Phone**

- Is a presentation that has been mobilized to reach congregate sites and events targeting older adults in-person across Westchester County as well as virtually. Topics covered include basic functionality of Android and Apple devices as well as safety, Wi-Fi, personalization, applications, and consumer considerations. This information is delivered via PowerPoint presentation. One-on-One Instruction is also available as a follow-up offering. Satisfaction surveys are utilized, and the number served is recorded for each session. Now older adults can do more than just make calls!

# New Initiatives & Highlights continued

## Care Connections

- A collaboration between the DSPS and credentialed Caregiver Navigator to assist caregivers and their loved ones. Three components of the program work to provide help for the caregiver: Caregiver Navigation; Caregiver Education Forums; and Care basket with information and self-care items.

## Livable Communities Caregivers Coaching + Program

- The program prepares volunteers for an enhanced “good neighbor” role as Caregiver Coaches, they are people who provide support and information to family caregivers. Uniquely, this program uses the telephone as its communication platform, which makes it adaptable to all situations and geographies. We have expanded the curriculum to cover COVID-19 resources and valuable information and tips on social isolation and loneliness.

## Telehealth-TIPS-at-Home Program

- Modeled after the Telehealth Intervention Programs for Seniors (TIPS) delivers remote patient monitoring to seniors with high health risk and provides access to a variety of social supports or wrap around services for older adults. We are now offering TIPS- at-Home for participants in need of special attention and enhanced communication from the telehealth nurse. User friendly equipment is installed in the home and participants are trained on how to take their own vitals. Social support associates communicate frequently with the senior.

## Health for Life Programs (HeLP) LIVE Workshop (Virtual)

- These free online, face-to-face and telephone workshops are offered by Westchester County Department of Senior Programs and Services for older adult residents and their caregivers. The workshop meets once a week for 6 weeks. It is highly interactive with the opportunity to learn how to better manage your health. Six versions are offered: Chronic Disease Self-Management Program; Pain Management Program; Tomando Control de Salud, offered in Spanish, Building Better Caregivers, Workplace Wellness and Diabetes Management Program.