

# **Area Agency on Aging, PSA 2**

## **Summary of Strategic Plan Goals and Objectives for 2023 -2026**

### **Focus Area 1: Community Conditions**

*More older adults and their caregivers in our nine-county region will access information and enrollment assistance for benefit programs, affordable and quality housing and transportation opportunities.*

#### **A. Improve Financial Stability**

1. Explore and host benefits/communication events in all nine counties to provide resources and eligibility determinations for healthcare costs savings programs.

#### **B. Improve Housing Quality & Affordability**

1. Advocate for programs and interventions that support safe and affordable housing, enabling older adults and persons with disabilities to age in place.
2. Support local governments and communities in planning for housing for older persons.

#### **C. Improve Transportation Access**

1. Participate in regional transportation planning and coordination to advocate for older persons.

### **Focus Area 2: Healthy Living**

*Older adults and their caregivers will have increased opportunities to attend in-person sessions on healthy eating and meal planning, access to more participating Senior Farmers Market Nutrition Program markets and increased opportunities to attend in-person physical activity programming.*

#### **A. Improve Nutrition**

1. Take steps to address food insecurity and malnutrition in older adults. Renew Eat Smart Live Strong programming and improve outcomes of Senior Farmer's Market Nutrition Programming.
2. Maximize use of current nutrition services programs including home-delivered and congregate meals.

#### **3. Improve Physical Activity**

1. Take steps to evaluate and survey older adults and their caregivers in nine county region to inform new partnerships and initiatives related to wellness programming.
2. Develop program referral partnerships with health providers and health care systems to increase attendance.

### **Focus Area 3: Access to care**

*More older adults, adults with disabilities and their caregivers will have access to information, caregiver resources, healthcare cost savings programs and direct care services to be supported in their homes and communities.*

#### **A. Improve Health Care Coverage & Affordability**

1. Enhance state and regional partnership with OSIIIP to strengthen coordinate use of Medicare savings programs.

**B. Improve Home & Community Based Supports**

1. Continue Agency advertising campaign and promotion of front door activities.
2. Increase new funding sources to expand access to care transition services.

**C. Improve Home Care Workforce Capacity & Caregiver Supports**

1. Broaden agency outreach and tools for caregiver support such as Trualta online platform.
2. Reduce barriers to direct care workforce employment and improve workforce shortages internally and among provider network.
3. Expand participant directed services and supports.

**Focus Area 4: Social Connectedness**

*Older adults and their caregivers will have more opportunities for social inclusion and volunteerism in our nine-county region.*

**A. Improve Social Inclusion**

1. Increase awareness and focus among the aging network about the unique needs of our priority populations (e.g., rural, low-income, low-income minority, limited English proficiency, LGBTQ, disabled) with a focus on LGBTQ.

**B. Increase Volunteerism**

1. Promote volunteer activities including intergenerational opportunities that support both older adults and community needs.

**Focus Area 5: Population Health**

*More older adults and their caregivers will access educational and support programming of the local Alzheimer's Association and education opportunities on cardiovascular health, hypertension and depression.*

**A. Cognitive Health: Reduce Cognitive Difficulty**

1. Engage with the Alzheimer's Association, Miami Valley Chapter, and other community partners to develop and sustain an education and training infrastructure that supports the needs of persons living with dementia, as well as paid and unpaid caregivers.

**B. Cardiovascular Health: Reduce Hypertension**

1. Enhance awareness and promotion of chronic disease self-management programs, and expand the capacity of sites and trainers to deliver these programs.

**2. Mental Health: Reduce Depression**

1. Take steps to increase the awareness of the need for mental health resources and services for older Ohioans.

**Focus Area 6: Preserving Independence**

*More older adults will access self-management workshops focusing on pain management and the AAA will have more collaboration with community partners to provide education and awareness to older adults on pain management and falls prevention.*

**A. Improve Chronic Pain Management**

1. Support alternative programming older adults can use to manage their chronic pain without the use of controlled substances.

**B. Improve Falls Prevention**

1. Strengthen existing falls prevention activities, identify opportunities for new initiatives such as the Otago program, and continue the educational campaign to reduce the risk of falls for older Ohioans.
2. Continue participation in falls prevention coalitions and advocacy and promote additional falls prevention programming.