

Ontario County Office for the Aging

Parkinson Support Group

Irene Coveny, Director January 29, 2020

AGING BOOM

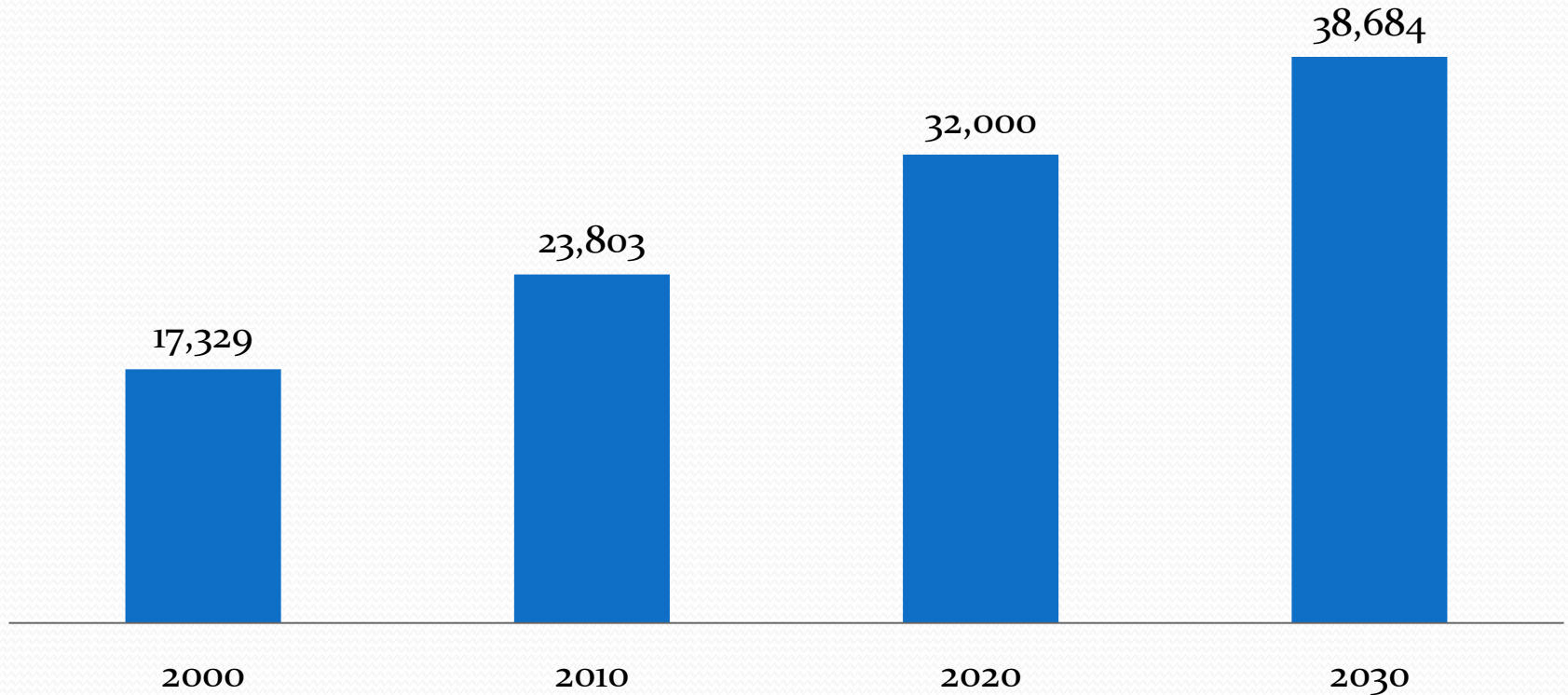
- There is an Aging Boom in the United States
- In 1900 life expectancy was 47 years, today it is 77 for men and 81 for women
- One out of every four 65-year-olds today will live past age 90, and one out of 10 will live past age 95
- By 2030 almost 20% of the population will be older due to the aging of the Baby Boomers
- The aging boom will impact all facets of community life

Ontario County's Aging Boom

- There are about 28,000 older adults age 60 or older living in Ontario County, about 25.5% of the county's total population
- By the year 2030 that number is expected to grow to about 38,700 or 33% of the county's population will be age 60 or over
- The fastest growing segment of the population are those age 75 and older

Ontario County Population Trends

Age 60 and Over 2000 - 2030



Aging in Place

- People want to stay at home
- Nursing home placement is the last resort
- Only about 5% of older adults live in nursing homes
- The demand for community-based long term care services and supports is increasing

Aging is a Family Issue

- One in ten households includes a caregiver for an individual age 60+
- Caregivers spend an average of 22 hours per week on caregiving activities
- 30% of caregivers spend more than 40 hours per week
- Caregiving for the elderly saves NYS health care system approximately \$11 billion annually

Area Agencies on Aging (OFA)

- The AAAs created by the Older Americans Act of 1965
- The goal was to help frail, vulnerable older adults remain independent in their own homes by providing a full range of services and supports
- OFA coordinates, advocates and initiates a comprehensive service delivery system at the local level
- OFA is funded by Federal, State and local tax dollars and donations

Ontario County Office for the Aging

- We provide information, referral, guidance and more than 10 programs either directly through contracts with other providers
- Primarily serve Ontario County residents age 60 or over and their caregivers but serve all ages in some programs
- Our goal is to help older Ontario County residents be as independent as possible for as long as possible and help them “age in place.”

NY Connects – 585-396-4047

- NY Connects, also known as an Aging and Disability Resource Center (ADRC)
- No Wrong Door System for people of all ages seeking unbiased and comprehensive information and assistance on LTC
- Highly trained staff help people navigate the maze of long term services and supports and link them with the most appropriate level of care, regardless of payment source
- The **NY Connects** website can be accessed at www.nyconnects.org.

Options Counseling

- Options Counseling- is a decision-support process helping older adults and their caregivers determine appropriate long-term care choices their needs, preferences, values, and individual circumstances
- Helping finding the right care in the right setting
- Helping people find ways to pay for LTC

Nutrition Program

- Focus on nutrition and socialization
- Community meal program at 7 dining sites
- Home Delivered Meals - 28 meal routes
- Nearly 72,000 meals served last year
- 200 volunteers deliver the meals
- A registered dietitian provides nutrition education and counseling

EISEP & PERS

- This program provides both case management and in-home services to frail elderly
- In-home services include personal care aides, housekeeping/chore services – nearly 16,000 hours provided annually
- Personal Emergency Response Systems (PERS)
- Installation of grab bars and railings

Case Management

- Assessment, care planning, referrals, follow-up and monitoring
- Assistance with applying for public benefits such as SSI, Medicaid, Food Stamps, HEAP
- Assesses the client's housing needs & assists with applying for home modifications, energy grants, senior housing or nursing homes

HIICAP

- Provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.
- Medicare Part D and EPIC – Drug coverage
- Applying for MSP and Extra Help, for low income
- Assistance during Medicare open enrollment
- Medicare 101 Workshops - monthly

Caregiver Support Program

- Resource Centers – Informational materials at 10 Ontario County libraries
- Counseling for caregivers and referrals to support groups
- Respite Care- Short term relief for caregivers in the form of a personal care aide or social adult day care

Health Promotion Programs

- Matter of Balance – Evidence-based fall prevention programs
- Powerful Tools for Caregivers
- Tai Chi, Yoga and Exercise classes
- Senior Center Recreation

Transportation

- Contract with RTS
- Rides to medical and other essential appointments
- Shopping Shuttles – Canandaigua, Bloomfield, Clifton Springs
- Rides to dialysis
- RSVP – Volunteer drivers

Other Programs

- Home Safe Home
- Legal Services
- Computer Classes
- SALT Council – Health and safety education
- Project Lifesaver – to track people with dementia that may wander away
- Newsletter

How To Get Involved with OFA: Volunteer !

- Delivering Meals
- Senior Advisory Council
- Friendly Visiting and Telephone Reassurance
- Serving food at dining sites
- Transportation
- Helping with the Newsletter
- Helping with Health Insurance Counseling

Contact Information

Ontario County Office for the Aging

3019 County Complex Drive

Canandaigua, NY 14424

585-396-4040

Or

315-781-1321

<http://www.co.ontario.ny.us>