

# Agenda Item Number 11.d

## Aging and Disabilities Resource Center Report

**Presenter:** Kay Metzger

**Action Recommended:** None. Information only.

**Background:**

In October 2008 the State of Oregon's Seniors and People with Disabilities Division was the recipient of a three year \$1.6 million grant award, funded through the U.S. Administration on Aging and the Centers for Medicare and Medicaid. The State of Oregon partnered with Lane Council of Governments Senior & Disabled Services (S&DS) along with PeaceHealth, Lane Independent Living Alliance (LILA), and Lane Individual Practice Association (LIPA) on the grant application. The grant has two areas of focus, as described below.

### **1. Person-Centered Discharge Planning**

This portion of the grant supports work to improve hospital discharge planning for seniors and people with disabilities. The goal is to make the process more person-centered and reduce the likelihood of institutionalization or re-hospitalization. A Care Transitions Task Force has been created to evaluate and propose new discharge planning processes. Specifically, Task Force members are designing a protocol for follow up phone calls after discharge and referral for a home visit by a Community Resource Navigator if needed. Planning and coordination continues, and an April 2010 rollout date has been targeted.

### **2. Establishment of a local Aging and Disability Resource Center (ADRC)**

The grant also supports the creation of a pilot Aging and Disability Resource Center in Lane County. The rollout of the ADRC is to coincide with the first section of the grant set for April 2010. Initially, the grant will fund three staff positions at the Eugene Office of Senior & Disabled Services. The last year of the grant calls for expansion to a rural community, which we anticipate will be Florence.

For the April 2010 roll-out, S&DS will hire one staff person to be located at Sacred Heart Hospital, working with hospitalized Medicaid patients and assisting with

their care plans upon discharge. Two positions will be housed at the S&DS Eugene office, working with the general public and doing home visit assessments to help people navigate the complex system of supports and services for long term care.

Last month, the State of Oregon contracted with the University of Oregon's Community Planning Workshop group to gather input from the community through focus groups, on-line surveys and one-to-one interviews. The information collected will be incorporated into the project wherever feasible. Staff at S&DS has been busy planning for the re-organization and training necessary to do this body of work. The attached flyer gives more information about the Aging and Disability Resource Center. Please feel free to contact me if you have any questions.

*Senior & Disabled Services (a division of Lane Council of Governments)  
partnering with the State of Oregon to establish a local  
Aging & Disability Resource Center in April 2010*

**What is an Aging and Disability Resource Center (ADRC)?**

- An ADRC is not a facility or a building, but rather it is an array of information and assistance services for people looking for help with long-term care services and supports.
- The ADRC serves as a clearinghouse of information for consumers, family members and friends as they seek to find resources for those that are aging or disabled. Some people refer to this as a “One Stop Shop”.
- The ADRC is designed to streamline access to information about long-term care. Personal assistance is offered to help people learn about and navigate through the maze of options for care.
- The ADRC is designed to be a highly visible and trusted place where people of all incomes and ages can turn for unbiased, reliable information on the full range of long term support options.
- The ADRC integrates aging and disability service systems so that people of all ages will have access to the information and assistance they need.

**Is this something new?**

- With the 2009 awards, ADRCs will expand and operate in at least one community in 54 states and territories. There are now over 200 local ADRCs serving the public.
- The first ADRC grants were administered in 2003.
- The State of Oregon is just now rolling out our first official ADRC using grant funds obtained in 2008. In partnership with Lane Council of Governments Senior & Disabled Services, the first local ADRC will be in Lane County.

**Why do we need an ADRC?**

- The over 65 population is the fastest growing segment of the adult population. In 2005, approximately 12% of Oregon’s population was over 65 years of age. By 2015, that figure jumps to 15% and by 2025 the percentage is expected to increase to 19%.
- Due to medical advances, life expectancy is increasing. Accompanying this trend is the growth in the number of people of all ages with impairments that limit their ability to perform activities of daily living without assistance.

- Local statistics for Lane County are similar. In 2005, 44,717 residents (or 14%) were 65+. By 2015, there will be 59,560 residents (16%) in Lane County over the age of 65 and by 2025 it is anticipated that 82,719 residents (19%) will be 65+. Thus, between 2005 and 2025 the number of people over the age of 65 in Lane County is expected to double.
- The ADRC concept offers a key ingredient towards strengthening and sustaining supports and services for those who are aging or disabled. By creating a model that allows people to easily access information and assistance early in the process and connecting them with services most appropriate to the level of need, the scope and cost of such care may be minimized in the long run.

### **What are the core values of the ADRC?**

- ADRC Guiding Principles: Based on collaboration with community partners and building on services provided by existing organizations, providing easy to access comprehensive assistance to all, supporting prevention and early intervention as strategies to reduce dependency on Medicaid.
- Vision of the ADRC: Each Lane County resident has easy access to long-term support resources through comprehensive information, awareness, education and guided assistance.
- Values Underlying the ADRC: Maximum freedom and independence, informed choice, inherent dignity of the individual, personal responsibility and engagement, culturally responsive, and commitment to quality.

### **What services can I expect through an ADRC?**

- Information about long-term services and supports in Lane County
- A trained and professional staff person to assess the situation and offer options for care.
- Home visit assessments available if needed
- Help navigating the maze of programs and services
- Referrals to programs and organizations that may meet the individual's specific need
- Assistance in accessing services, if needed
- An on-line database of resources.

### **How will the ADRC services be provided in Lane County?**

- Senior & Disabled Services has been identified as the local ADRC for Lane County

- Consumers will be able to access ADRC services via phone, in-person, or the internet.
- In certain situations, ADRC staff will be available to make home visits.

**Does it cost anything to use the ADRC?**

- Not at this time. There is no charge for information, assistance, and short-term care consultation.

**Who can I talk to if I want more information?**

- We are currently in the planning phase and plan to roll-out the ADRC in April 2010
- For more information contact:  
Nancy Sargent-Johnson, S&DS Program Manager by phone at 541-682-3888  
or e-mail at [nsargent-johnson@lcog.org](mailto:nsargent-johnson@lcog.org);  
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- The national ADRC website is <http://www.adrc-tae.org>