

Southwestern CT  
**Agency**  
on **Ageing**  
& Independent Living



# Introduction

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- Required by the Administration of Community Living and Bureau on Aging
- Completed every three years
- Identify community needs
- Roadmap to guide resource allocation
- Support outreach to targeted communities
- Request internal resources



# Process

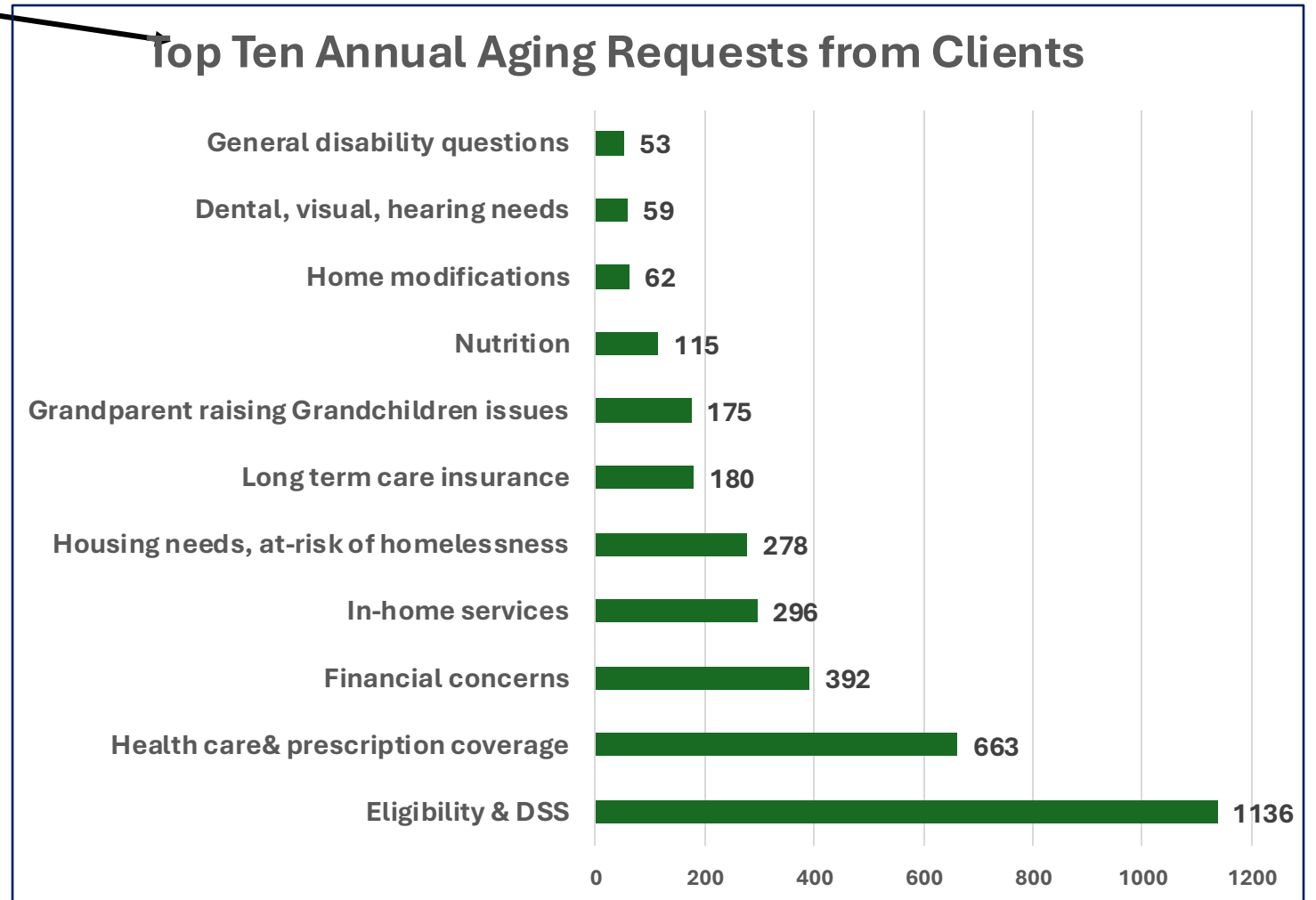
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- Literature Review
- Needs Assessment
- Provide a review of previous three-year period
- Align goals with the State Bureau on Aging
- Set goals, objectives and outcomes including outreach to target population



# Assessment of Need

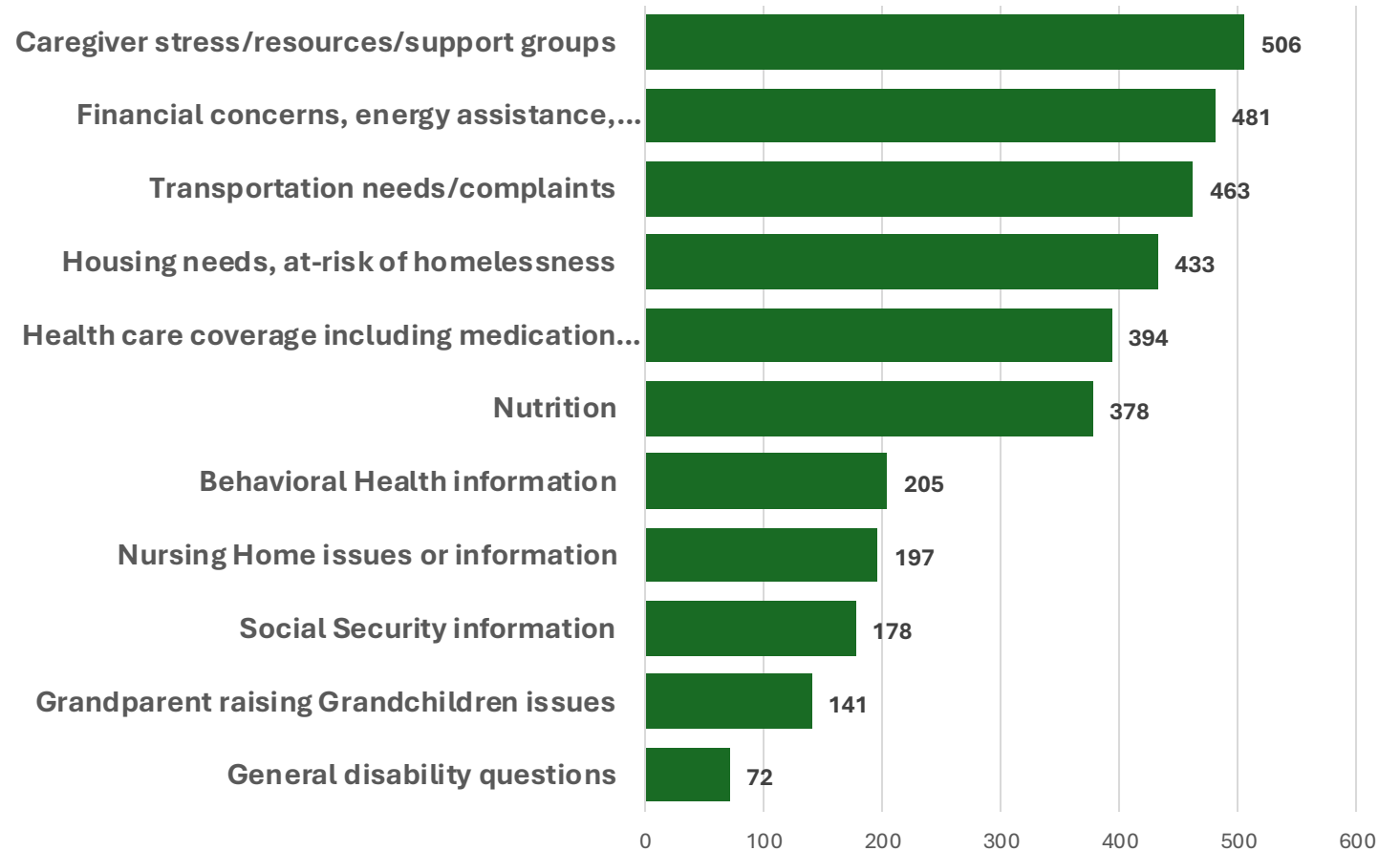
- Meetings and focus groups with seniors
- Meetings with local Council on Aging
- Legislative priority meetings
- Analyze the call data



# Assessment of Need

## Top 10 Calls from Caregivers

- Meetings and focus groups with caregivers
- Analyze the call data





# Target Populations

- Low income
- Minority, at-risk of institutionalization
- Alzheimer's or related disorders
- Non-English speaking
- Rural
- Severely disabled populations

# Outreach Strategies

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- Focus on Bridgeport, Norwalk and Stamford, where the greatest number of residents are members of the target population
- Applicants must meet a minimum of the low-income and minority percentage evident in their community



# Goals

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1

Enhance Home & Community Based Services (HCBS) by empowering older adults to reside in the community setting of their choice

2

Improve opportunities for Healthy Aging by providing older adults with prevention and wellness opportunities

3

Support Elder Rights and the prevention of elder abuse, fraud, neglect, and exploitation



# Objectives

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- Navigate, counsel, inform and enroll clients in programs that support HCBS options
- Support health & wellness programs
- Increase awareness & reduce stressors that lead to neglect and abuse



# Strategies for Access

- Share information with Advisory Council & Community Focal Points
- Assess and enroll residents in Title III Older Americans Act Programs as a bridge to Medicaid enrollment
- Annual training on Medicaid waivers for internal staff across departments
- Offer multi-lingual navigation and person-centered options
- Target underserved communities



# Strategies for Improved Health

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- Fund evidence-based programs & senior centers that support under-served communities
- Promote good nutrition via home-delivered, community cafes, and nutrition education
- Educate on Medicare and other insurance options to ensure financial access to care & medications



# Strategies for Elder Rights



- Support the work of the Coalition for Elder Justice in Connecticut and CAPE, our regional, multi-disciplinary community conference
- Work collaboratively with Protective Services for the Elderly
- Offer caregiver respite to reduce the stressors associated with caregiving

# Waivers- permission to use funds for AAA Programs

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1

**Information and  
Assistance Waiver**

**2 FTE**

**\$166,170**

2

**Caregiver Waiver**

**2 FTE**

**\$210,876**

**Respite**

**\$95,000**

3

**Nutrition  
Education Waiver**

**\$79,508**