

What are AAAs?

Area Agencies on Aging provide comprehensive services to adults aged 60+ and their caregivers. AAAs support older adults' independence and provide programs to help them age in place, remain socially active and civically engaged, and connect with resources for health and wellbeing. There are 12 AAAs that operate in all 29 counties in Utah. Together we make up U4A - The Utah Association of Area Agencies on Aging.

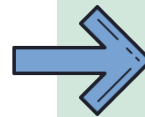


Contact Us - Find your local AAA at daas.utah.gov/locations-new/

Quick Facts

Alternatives

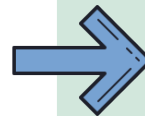
The Alternatives Program helps provide adults with alternatives to living in long-term care facilities. Clients work with case workers to identify individualized solutions that enable limited income homebound adults, including seniors and those with disabilities, to maintain independence and live at home as they age. The average cost of a nursing home in Utah is \$62,963, and the average cost of assisted living is \$35,376. Alternatives spends no more than \$9,000 per client annually.



- State Investment of \$4,128,381 in FY19
- 797 Clients Served
- Avg. \$500 Spent Per Client Monthly
- Max. \$750 Allowable Per Client Monthly Spending

Ombudsman

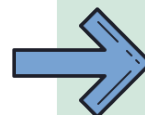
The Ombudsman Program safeguards the rights of individuals living in long-term care facilities. 27 certified Ombudsman staff and volunteers (11.5 FTEs) across the state respond to resident complaints and work with facilities, residents, and families to ensure the health, safety, autonomy, and quality of life of those living in nursing homes and assisted living facilities. Without state-wide ombudsman dollars, facility residents would have no one to turn to if their individual rights are violated.



- State Investment of \$626,408 in FY19
- 1,821 Facility Consultations
- 2,758 Resident Consultations
- 2,408 Complaints Investigated

Senior Volunteers

The Senior Volunteer Program connects older adults with volunteer opportunities, helping aging individuals stay socially active and civilly engaged. AAAs organize a small army of volunteers who donate hundreds of thousands of hours to community organizations. Volunteers perform such activities as tutoring at-risk children, providing companionship to homebound seniors, and delivering Meals on Wheels. State funding is critical to matching the \$3 million annual federal investment in this program.



- State Investment of \$121,000 in FY19
- 4,500+ Volunteers
- 600,000+ Hours
- \$15 million ROI
- \$3 million in Stipends to Low Income Seniors

Our Clients

Area Agencies on Aging served 224,517 Utah seniors last year. Federal, state, and local funding make this possible.

Weber County: Senior Volunteers

You would think that half a mile would be an easy walk to the grocery store, but when you consider that 95-year old Mark must cross Riverdale Road and is legally blind, the distance becomes unfathomable. According to the Riverdale City website, approximately 45,000 cars travel on Riverdale Road daily, making it one of the busiest non-controlled-access roads in the state. For Mark, crossing seven lanes of traffic puts groceries out of reach without the aid of his Senior Companion, Ellen Jeppsen.

Every Friday morning, Ellen is at Mark's door to help with errands, appointments and getting things done. And after six years of service they have gotten to be good friends. At the grocery store, Ellen, who is 4'9", takes the list and points out the top shelf items that only he can reach. He comments, "We should take Ellen and have her cloned, we need to have more like her."

Senior Companions is a National Service Program that has been serving the needs of elderly residents and individuals with disabilities in Weber County for 43 years. Weber Human Services Senior Companions serve an average of two to four seniors living in their own homes. Our volunteers drive an average of 158,094 miles per year driving their clients to the grocery store, doctor's appointments, errands, and to get out in the community. Transportation is a fundamental part of what we do to help our clients maintain their dignity and independence.

Washington County: Alternatives

Sharon lives in Laverkin and uses an electric wheelchair to get around, because she has decreased mobility. The Five County AOG provides her with homemaking and companion services. Sharon reports that she does not know what she would do without Alternatives but she knows that she would not be able to live on her own. The program is invaluable to her because she lives by herself and has no local family to assist her - without it, she may end up living in a facility. Sharon experiences extreme fatigue, chronic and severe UTIs, and pain. Five

County provides her with her incontinence supplies and Glucerna, a diabetic appropriate liquid meal alternative.

Sharon's disability makes it impossible for her to do her own homemaking. Caseworkers and volunteers assist her with shopping, errands, and other basic tasks that she'd otherwise be unable to complete on her own. This assistance also helps Sharon's mental health - the social interactions help her manage depression and loneliness. Although the program only spends approximately \$625 per month on Sharon's needs, Alternatives is critical to her independence and well being.

Tooele County: Ombudsman

I want to report the positive experience I have had with the Long-Term Care Ombudsman program at our health department. Our health department has the unique opportunity to have Aging Services located in our building with us. This has had such a positive impact on our community especially during the COVID-19 pandemic. I just wanted to share a few examples that have made a difference in our community:

- We had a local care facility that was not following guidance regarding PPE. I was able to work with our ombudsman to provide education and all required PPE within hours of us finding out about the problem. We also worked together to provide additional resources and have formed a relationship with each other and the facility to better serve them.
- I was able to get contact information for the various facilities in our area immediately which was beneficial to all of the residents we serve.
- In one instance a facility reached out to the Ombudsman with PPE guidance and visitation questions, because of our relationship we were able to answer quickly. Our facilities now feel very comfortable calling us for any issue that comes up there is a great feeling of collaboration between us which benefits all involved.

Please continue to fund the Long-Term Care Ombudsman Program going in our state, the residents at our facilities will suffer if it goes away, they provide valuable service to this vulnerable population. Please feel free to contact me for more information about this vital program, I have become a great cheerleader for this organization.

Sincerely,

Tracy Frailey,
Tooele Emergency Response Coordinator