

V. AREA PLAN PROGRAM OBJECTIVES

Title III B Supportive Services

Title III B Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served
Case Management (1 case): Assistance either in the form of access or care coordination in the circumstance where the older person and/or their caregivers are experiencing diminished functioning capacities, personal conditions or other characteristics which require the provision of services by formal service providers. Activities of case management includes assessing needs, developing care plans, authorizing services, arranging services, coordinating the provision of services among providers, follow-up and re-assessment, as required.	22	35	1,400	180
Personal Care (1 hour): Provide personal assistance, stand-by assistance, supervision or cues for persons having difficulties with one or more of the following activities of daily living: eating, dressing, bathing, toileting, and transferring in and out of bed.	14	18	1,080	110
Homemaker (1 hour): Provide assistance to persons having difficulty with one or more of the following instrumental activities of daily living: preparing meals, shopping for personal items, managing money, using the telephone or doing light housework.	20	25	350	155
Chore (1 hour): Provide assistance to persons having difficulty with one or more of the following instrumental activities of daily living: heavy housework, yard work or sidewalk maintenance.	2	5	10	18

Title III B Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served
Adult Day Care/Adult Day Health (1 hour): Provision of personal care for dependent adults in a supervised, protective, congregate setting during some portion of a 24-hour day. Services offered in conjunction with adult day care/adult health typically include social and recreational activities, training, counseling, meals for adult day care and services such as rehabilitation, medication management and home health aide services for adult day health.	5	8	1,476	45
Assisted Transportation (1 one-way trip): Provision of assistance, including escort, to a person who has difficulties (physical or cognitive) using regular vehicular transportation.	0	0	0	0
Transportation (1 one-way trip): Provision of a means of transportation for a person who requires help in going from one location to another, using a vehicle. Does not include any other activity.		10	9,975	3,600
Legal Assistance (1 hour): Provision of legal advice, counseling and representation by an attorney or other person acting under the supervision of an attorney.			275	
Nutrition Education (1 session): A program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information and instruction to participants or participants and caregivers in a group or individual setting overseen by a dietitian or individual of comparable expertise.			0	
Information and Assistance (1 contact): A service for older individuals that (A) provides the individuals with current information on opportunities and services available to the individuals within			2,100	

<p style="text-align: center;">Title III B Program Objective</p>	<p style="text-align: center;">Persons Served - Unduplicated Count</p>	<p style="text-align: center;">Persons Waiting for Services*</p>	<p style="text-align: center;">Estimated Service Units</p>	<p style="text-align: center;">Estimated Number of Persons Not Served</p>
<p>their communities, including information relating to assistive technology; (B) assesses the problems and capacities of the individuals; (C) links the individuals to the opportunities and services that are available; (D) to the maximum extent practicable, ensures that the individuals receive the services needed by the individuals, and are aware of the opportunities available to the individuals, by establishing adequate follow-up procedures.</p>				
<p>Outreach (1 contact): Interventions initiated by an agency or organization for the purpose of identifying potential clients and encouraging their use of existing services and benefits.</p>			1,600	

* Persons assessed and determined eligible for services

**TITLE III C-1
Congregate Meals**

Title III C-1 Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served
<p>Congregate Meals (1 meal): Provision to an eligible client or other eligible participant at a nutrition site, senior center or some other congregate setting, a meal which:</p> <ul style="list-style-type: none"> a) complies with the Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture; b) provides, if one meal is served, a minimum of 33 and 1/3 percent of the current daily Dietary Reference Intakes (DRI) as established by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences; c) provides, if two meals are served, together, a minimum of 66 and 2/3 percent of the current daily DRI; although there is no requirement regarding the percentage of the current daily DRI which an individual meal must provide, a second meal shall be balanced and proportional in calories and nutrients; and, d) provides, if three meals are served, together, 100 percent of the current daily DRI; although there is no requirement regarding the percentage of the current daily DRI which an individual meal must provide, a second and third meal shall be balanced and proportional in calories and nutrients. 	2,700	0	165,000	0

Title III C-1 Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served
Nutrition Counseling (1 hour): Provision of individualized advice and guidance to individuals, who are at nutritional risk because of their health or nutritional history, dietary intake, medications use or chronic illnesses, about options and methods for improving their nutritional status, performed by a health professional in accordance with state law and policy.	0	0	0	0
Nutrition Education (1 session): A program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information and instruction to participants or participants and caregivers in a group or individual setting overseen by a dietitian or individual of comparable expertise.			14	

* Persons assessed and determined eligible for services

**TITLE III C-2
Home-Delivered Meals**

Title III C-2 Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served
Assessment/Screening (1 Hour): Administering standard examinations, procedures or tests for the purpose of gathering information about a client to determine need and/or eligibility for services. Routine health screening (blood pressure, hearing, vision, diabetes) activities are included.			1,250	
Home-Delivered Meals (1 meal): Provision, to an eligible client or other eligible participant at the client's place of residence, a meal which: <ul style="list-style-type: none"> a) complies with the Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture); b) provides, if one meal is served, a minimum of 33 and 1/3 percent of the current daily Dietary Reference Intakes (DRI) as established by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences; c) provides, if two meals are served, together, a minimum of 66 and 2/3 percent of the current daily DRI; although there is no requirement regarding the percentage of the current daily RDA which an individual meal must provide, a second meal shall be balanced and proportional in calories and nutrients; and d) provides, if three meals are served, together, 100 percent of the current daily DRI; although there is no requirement regarding 	1,310	0	135,800	1,050

Title III C-2 Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served
Home-Delivered Meals (cont'd): the percentage of the current daily RDA which an individual meal must provide, a second and third meal shall be balanced and proportional in calories and nutrients.				
Nutrition Counseling (1 hour): Provision of individualized advice and guidance to individuals, who are at nutritional risk because of their health or nutritional history, dietary intake, medications use or chronic illnesses, about options and methods for improving their nutritional status, performed by a health professional in accordance with state law and policy.	0	0	0	0

* Persons assessed and determined eligible for services

**TITLE III D
Preventive Health**

Title III D Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served
Conduct health screening workshops and provide health education at 14 Senior Centers and at LTC Facilities in conjunction with nursing students from local universities.**			1,096	
Conduct evidence-based training promoting healthy aging and chronic disease prevention.**			103	

* Persons assessed and determined eligible for services

** One unit of service for each person served.

TITLE III E
National Family Caregiver Support Program (NFCSP)

Title III E Program Objective	Persons Served	Persons Waiting for Services*	Estimated Service Units
Information: Estimate the number of individuals who will receive information, education and outreach activities in order to recruit caregivers into your program.	700		700
Assistance: Estimate the number of clients who will receive assistance in accessing resources and information which will result in developed care plans and coordination of the appropriate caregiver services.	65		2,800
Counseling/Support Groups/ Training: Estimate the number of individuals who will receive counseling/support groups/training.	400		600
Respite: Estimate the number of clients who will receive respite services using NFCS funds.	66	75	2,850
Supplemental Services: Estimate the number of clients receiving supplemental caregiver services using NFCS funds.	12	18	65

* Persons assessed and determined eligible for services

OTHER OLDER AMERICANS ACT

Other Services Profile (*Optional*): List other services and the funding source.

Service Name and Funding Source	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Service Units	Estimated Number of Persons Not Served

* Persons assessed and determined eligible for services

Note: There are no restrictions on the number of Aother@ services which may be reported.

Mission/Purpose Codes:

- A= Services which address functional limitations
- B= Services which maintain health
- C= Services which protect elder rights
- D= Services which promote socialization/participation
- E= Services which assure access and coordination
- F= Services which support other goals/outcomes

STATE-FUNDED PROGRAMS

Service Code	Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Number of Persons Not Served
ALM	Home and Community-based Alternatives Program:** Service designed to prevent premature or inappropriate admission to nursing homes, including program administration, client assessment, client case management, and home- and community-based services provided to clients.	122	114	
RVP	Volunteer: Trained individuals who volunteer in the Retired Senior Volunteer Program, Foster Grandparent Program, and Senior Companion Program.	125	0	0

* Persons assessed and determined eligible for services

** Quarterly and annual reporting requirements by service area will still be required. (Example: case management, home health aide, personal care, respite, etc.)

MEDICAID AGING WAIVER PROGRAM

Program Objective	Persons Served - Unduplicated Count	Persons Waiting for Services*	Estimated Number of Persons Not Served
Purpose: A home and community-based services waiver offers the State Medicaid Agency broad discretion not generally afforded under the State plan to address the needs of individuals who would otherwise receive costly institutional care provided under the State Medicaid plan.	96	3	

* Persons assessed and determined eligible for services

VI. REAFFIRMATION OR AMENDMENTS TO THE FOUR-YEAR PLAN

This section allows the AAA to annually reaffirm, with documentation, the information found in its four-year plan. It is important to include documentation with the request for any waivers, including descriptions and justifications for the request. This section provides an opportunity to discuss any modifications the agency is requesting to amend in the four-year plan. The following areas should be included, and any others that the AAA would like to add:

1. PRIORITY OF SERVICES

- A. Continued expansion of the influence of the aging services network in the community.
- B. Infrastructure, education, and environment development allowing older people to remain independent including the provision of home and community-based services.
- C. Outreach to persons of greatest need, including low-income minorities, rural residents, persons with greatest social need, persons with greatest economic need, and others listed in 306(a)(5)(B) of the OAA.
- D. Support of senior citizen centers as institutions that support emotional and social wellbeing, to include information, transportation and nutrition services.
- E. Support the care facility industry by involvement of industry representatives in community functions and by providing a constructive Ombudsman service.

2. SERVICE PROVIDERS

List all providers from whom the agency will purchase goods or services with Title III funds to fulfill area plan objectives. Specify the goods or services being purchased and the type of agreement made with the provider, i.e., subcontract, vendor, memorandum of agreement, etc.:

Provider Name	Address	Services/Program	Agreement Type
Utah Legal Services	455 North Univ. Ave., Provo, UT 84601	Legal Assistance	Sub-Contract
United Way of Utah County	P.O. Box 135, Provo, UT 84603	Access	Sub-Contract
Utah County Foster Grandparent Program	51 S. University Avenue, #109, Provo, UT 84603	Access	Sub-Contract
Utah County Senior Companion Program	51 South University Avenue, #109, Provo, UT 84603	Access/Companionship	Sub-Contract
Mountainland Retired and Senior Volunteer Program	586 East 800 North, Orem, UT 84097	Access/HIIP/Volunteer Coordination	Sub-Contract
American Fork City	54 East Main Street, American Fork, UT 84003	Access/I&R/CMM	Sub-Contract
Goshen Town	79 South Center Street, Goshen, UT 84633	Access/I&R/CMM	Sub-Contract
Lehi City	123 North Center, Lehi, UT 84043	Access/I&R/CMM	Sub-Contract
Lindon City	100 North State Street, Lindon, UT 84042	Access/I&R/CMM	Sub-Contract
Orem City	93 North 400 East, Orem, UT 84057	Access/I&R/CMM	Sub-Contract
Payson City	439 West Utah Avenue, Payson, UT 84651	Access/I&R/CMM	Sub-Contract
Pleasant Grove City	242 West 200 South, Pleasant Grove, UT 84062	Access/I&R/CMM	Sub-Contract
Provo City	270 West 500 North, Provo, UT 84601	Access/I&R/CMM	Sub-Contract
Santaquin City	45 West 100 South, Santaquin, UT 84655	Access/I&R/CMM	Sub-Contract
Spanish Fork City	167 West Center, Spanish Fork, UT 84660	Access/I&R/CMM	Sub-Contract
Springville City	65 East 200 South, Springville, UT 84663	Access/I&R/CMM	Sub-Contract
Summit County	P.O. Box 128, Coalville, UT 84017	Access/I&R/CMM	Sub-Contract
Wasatch County	465 East 1200 South, Heber City, UT 84032	Access/I&R/CMM/HDM	Sub-Contract
Utah County Security Center	3075 North Main, Spanish Fork, UT 84660	HDM Meal Preparation	Sub-Contract
Denise's Home Plate	P.O. Box 472, Coalville, UT 84017	HDM Meal Preparation	Sub-Contract
Abbott Nutrition	75 Remittance Drive, Ste. 1310 Chicago, IL 60675	Liquid Meal	Sub-Contract
Alpha Home Health	250 West Center Street, Orem, UT 84057	In-Home Support	Sub-Contract
Alpine Home Care	529 South Orem Blvd., Orem, UT 84058	In-Home Support	Sub-Contract
Aspen Senior Care	13 East 200 North, Orem, UT 84057	In-Home Support	Sub-Contract
Caring Hands/Health Watch	1485 East 840 North, Orem, UT 84097	In-Home Support	Sub-Contract
CNS Home Health	667 North 1890 West, Provo, UT 84601	In-Home Support	Sub-Contract
Comfort Keepers	2780 Madison Avenue, Ogden, UT 84403	In-Home Support	Sub-Contract
Danville Support Services	6965 Union Park Center, Ste. 330, Midvale, UT 84047	In-Home Support	Sub-Contract
Dignity Home Health & Hospice	357 East 50 South, Ste. B., American Fork, UT	In-Home Support	Sub-Contract
LifePath Home Health	5801 Fashion Blvd., Salt Lake City, UT 84107	In-Home Support	Sub-Contract
MBE, Inc.	127 North 700 East, Springville, UT 84663	In-Home Support	Sub-Contract
North Eastern Services	529 West 300 South, Orem, UT 84058	In-Home Support	Sub-Contract
Salus Homecare	8817 South Redwood Road, #D, West Jordan, UT 84088-9266	In-Home Support	Sub-Contract
Spectrum Home Services	9690 South 300 West, Ste. 320 G-H, Sandy,	In-Home Support	Sub-Contract

Provider Name	Address	Services/Program	Agreement Type
	UT 84070		
Sunrise Home Health	1561 North Grandview Lane, Provo, UT 84604	In-Home Support	Sub-Contract
Utah Home Health	852 North 500 West, Ste. 250, Provo, UT 84604	In-Home Support	Sub-Contract
Wasatch Home Health Care Services	3712 South Golden Grain Circle Salt Lake City, UT 84120	In-Home Support	Sub-Contract
Art City Nursing & Rehab	321 East 800 South, Springville, UT 84663	Respite	Sub-Contract
Aspen Senior Center	3410 North Canyon Road, Provo, UT 84604	Respite	Sub-Contract
Beehive Homes of Am. Fork	164 West 200 South, American Fork, UT 84003	Respite	Sub-Contract
Beehive Homes-Orem	1045 East 800 North, Orem, UT 84057	Respite	Sub-Contract
Beehive Homes-Provo	2877 West Center Street, Provo, UT 84601	Respite	Sub-Contract
Bel Aire Senior Living	1088 East 390 South, Am. Fork, UT 84003	Respite	Sub-Contract
Country View Manor	2901 West Center Street, Provo, UT 84601	Respite	Sub-Contract
Elk Meadows	4200 North 400 West, Oakley, UT 84055	Respite	Sub-Contract
Morgan Senior Day Care	130 North 400 East, Orem, UT 84057	Respite	Sub-Contract
Parkway Health Center	2192 West State Road, Payson, UT 84651	Respite	Sub-Contract
Rocky Mountain Care-Heber	160 West 500 North, Heber, UT 84032	Respite	Sub-Contract
ALERT UTAH	P.O. Box 127, West Jordan, UT 84088	ERS	Sub-Contract
Mytrex	10321 South Beckstead Lane, So. Jordan, UT 84045	ERS	Sub-Contract
One Touch Response	127 North 700 East, Springville, UT 84663	ERS	Sub-Contract
Pioneer Medical Services	P.O. Box 1147, American Fork, UT 84003	ERS	Sub-Contract
Acumen	P.O. Box 539, Orem, UT 84057	Fiscal Agent	Sub-Contract

3. DIRECT SERVICE WAIVERS

The State Plan shall provide that no supportive services, nutrition services, or in-home services (as defined in section 342[1]) will be directly provided by the State Agency or an area agency on aging, except where, in the judgment of the State Agency, provision of such services by the State or an area agency on aging is necessary to assure an adequate supply of such services, or where such services are directly related to such state or area agency on aging administrative functions, or where such services of comparable quality can be provided more economically by such state or area agency on aging.

Is your agency applying for any Direct Service Waivers?
Yes No

If yes, list the services for which waivers are being requested and describe the necessity for the direct service provision.

1. Nutrition Services (Home-Delivered Meals) in Utah County.
2. Nutrition Services (Home-Delivered Meals) in Summit County.
3. Case management for the Aging Waiver, Home and Community Based Alternatives, and Family Caregiver Support and Respite Programs.
4. Training and Education.

The AAA has advertised in newspapers of the three county service area requesting individuals of organizations to submit letters of intent to provide services sponsored by the Area Agency.

The AAA did not receive any letters of intent for these services. There were not any entities identified who were interested and/or capable of providing these services.

4. PRIORITY SERVICE WAIVER

Reference(s): OAA Section 306(a)(2), 306(b)(1)(2)(A)(B)(C)(D), 307(a)(22)
State Rule R110-106-1

Indicate which, if any, of the following categories of service the agency is not planning to fund with the minimum percentage of Title III B funds specified in the State Plan, with the justification for not providing services. **Attach appropriate documentation** to support the waiver request as follows:

- 1) notification of public hearing to waive Title III B funding of a service category,
- 2) A list of the parties notified of the hearing,
- 3) A record of the public hearing, and
- 4) A detailed justification to support that services are provided in sufficient volume to meet the need throughout the planning and service area. (See State Rule R805-106 for specific requirements.)

SERVICE CATEGORY	DESCRIPTION OF REASON FOR THE WAIVER
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Access:

In-Home:

Legal Assistance:

5. ADVISORY COUNCIL

References: OAA Sections 306(a)(6)(F)
FED 45 CFR Part 1321.57

Council Composition	Number of Members
60+ Individuals	<u>11</u>
60+ Minority Individuals	<u>1</u>
60+ Residing in Rural Areas	<u>3</u>
Representatives of Older Individuals	<u>15</u>
Local Elected Officials	<u>4</u>
Representatives of Providers of Health Care (including Veterans Health Care if applicable)	<u>0</u>
Representatives of Supportive Services Provider Organizations	<u>11</u>
Persons With Leadership Experience in the Voluntary and Private Sectors	<u>15</u>
General Public	<u>2</u>
Total Number of Members (May not equal sum of numbers for each category)	<u>18</u>

Name and address of chairperson:

Mayor J. H. Hadfield
51 East Main
American Fork, UT 84003

Does the Area Agency Advisory Council have written by-laws by which it operates?

Yes No

Area Agency Advisory Council meetings schedule: The Mountainland Area Aging Advisory Council meets on the second Thursday of each month at 1:30 p.m. Location for the meeting is rotated throughout the three-county area.

VII. POPULATION ESTIMATES

Population Group	Number*	Number Served in Planning and Service Area	Estimate of People Needing Services
Age 60+	52,637	8,680	6,660
Age 65+	36,683	8,310	6,025
Minority Age 65+	2,953	426	280