




**PUBLIC HEARING
ON OSR'S PROPOSED
2024 - 2028
FOUR YEAR PLAN**

**SEPTEMBER 12, 2024
(KOEHLER FRIENDSHIP CENTER)**





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Why a Public Hearing?

- The Older Americans Act of 1965 requires each state to submit a Plan for a 2,3, or 4-year period.
- NYS requires a 4-year Plan for each county or "area aging agency" or AAA
 - With annual updates
- The Older Americans Act also requires a public input process to provide advice and guidance to the state and local area agencies
 - Formal hearing with public notice today in Koehler
 - Similar, informal presentations for our other 3 Centers and other community forums

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2024 - 2028 4 Year Plan Goals:

- Further the vision of the Older Americans Act to cultivate innovative approaches reflective of local needs and preferences.
- Enable seniors to remain at home with high quality of life for as long as possible
- Create an age friendly Putnam County where home and community-based services are available and accessible to those who most need them, when they need them.
- Empower seniors to stay active and healthy
- Ensure the rights of seniors and prevent their abuse, neglect and exploitation.

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2024 - 2028 4 Year Plan Goals:

- Ensure we are prepared for emergencies and disasters.
- Promote equitable access to older adults in greatest social and economic need throughout all programs and services administered.
- Support continuation and growth of state and local policy, programs, and investments that complement and expand upon Older Americans Act programs.
- Family caregivers will be recognized, assisted, included, supported, and engaged through a variety of programs so that they can care for their care receiver at home for as long as possible.

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2024 - 2028 4 Year Plan Goals

- OSR will offer **person-centered nutrition programs** which are responsive to the needs and preferences of Putnam County's older adults as well as reflective of our diversity.
- OSR will ensure that its legal assistance provider **is providing legal assistance in the following priority subject areas:** income, health care, long-term care, nutrition, housing, utilities, protective services, defending older adults against guardianship, abuse, neglect, exploitation, and age discrimination.

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OSR's Program Tools

- Case Management
 - Information and Referral
 - **HEAP** Energy Assistance Program
 - **HIICAP**
 - Caregivers Resource Center
- Nutrition
 - Friendship Centers (daily meals and programs)
 - Home Delivered Meals
- Transportation:
 - To Friendship Centers and Shopping
 - Demand Response Medical Transportation
 - **Get Up and GoGo** Taxi Program
- Adult Day Services
- Wellness
 - Socialization activities
 - Recreation & Evidence Based Programs
 - Volunteerism through **Putnam SeniorCorps**
- **Helping Hands** Home Health Aide program and **SOAP**
- Legal Services

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#1 Cultivate Innovative Approaches

- Get Up and GoGo
 - Transportation for homebound seniors
- Helping Hands and SOAP
 - Home health aides assisting homebound seniors with personal care

Objective: Develop an "App" to improve scheduling and communication with our home health aides

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#2 Enable seniors to remain at home with high quality of life for as long as possible

- Information and Referral
- Caregivers Resource Center
- At Home support and safety:
 - Home Delivered Meals
 - **Helping Hands** and **SOAP** home health aide programs
 - Launch a new **PERS** program – for personal emergency safety devices
 - Explore development of a **Home Modification** program
- Mobility support: **Get Up and GoGo** taxi program and SeniorCorps Volunteer Medical Transportation

Objective: Enhance training program for home health aides to build skills and improved job satisfaction

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#3 Create an age friendly Putnam County with services to those most in need

- **Senior Guide** alerts seniors on resources such as HEAP Energy Assistance Program
- **Senior Blast** gets the word out on important news
- Virtual Wellness programs for homebound
- **Helping Hands** for the rural frail and homebound
- **Putnam Senior Corps** provides volunteer medical transportation by fellow seniors
- **Get Up and GoGo** helps the rural homebound with trips to shopping, hairdresser, etc.

Objective: Get Up and GoGo relaunch in 2024

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#4 Ensure the rights of seniors and prevent abuse, neglect and exploitation

- Legal Services for those in need
- Case Management and NY Connects answers all calls
- Caregivers Resource Center provides support to caregivers to help deal with the challenges of their enormous responsibility
- Close collaboration with Adult Protective Services
- OSR leadership in Putnam County's Long Term Care Council

Objective: Keep seniors informed on scam risks and threats

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#5 Empower seniors to stay active and healthy

- Friendship Centers open to all seniors for a hot meal with friends and for many social activities
- Wellness Programs to keep seniors informed and to engage in a variety of physical and exercise activities
- Evidenced-based Fall Prevention Programs target the high risk of serious injury as a result of a fall
- Volunteerism through Putnam SeniorCorps help 400+ seniors achieve fulfillment by serving their Putnam County community and beyond

Objective: Introduce a new evidence-based fall prevention program - SAIL

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#6 Ensure we are prepared to respond in emergencies and disasters

- Caseworkers and outreach crew cover the OSR desk at the Emergency Operations Center
- Frail and at-risk elderly call list
- "Blizzard" box meals sent in advance
- Crisis management coordination with senior housing representatives

Objective: OSR Leadership team to be trained in EOC Activation protocols and FEMA ICS 100 – Incident Command. OSR to develop a Continuity of Operations Plan (COOP)

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#7 Promote equitable access to those in need to OSR programs and services

- OSR outreach workers covering each town:
 - Town halls
 - Local religious communities
 - Food pantries
 - Open Door medical clinic
 - Senior Clubs
- OSR's Senior Guide – enhanced distribution of over 20,000 copies
- OSR hosts information tables at community events throughout year

Objective: Increase OSR's outreach to vulnerable populations

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#8 Support continuation and growth of state and local policy programs

- OSR is actively involved with these organizations:
 - Aging NY
 - USAging
- OSR participates in Community Advisory Councils:
 - NYS Senator Rolison
 - New York Presbyterian's Hudson Valley Hospital
- OSR hosts its own Senior Advisory Council for advice on needs of Putnam County seniors and to share info

Objective: Expand OSR's influence and advocacy efforts with local political leaders by encouraging more political leader senior advisory councils

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#9 Family Caregivers will be recognized and supported

- Caregiver resource tools made available:
 - Archangels – identifies role of caregiver and level of stress
 - TRUALTA – online tool available 24/7 to provide tips and techniques
- OSR operates a Caregiver Resource Center as a focal point for caregiver engagement
- OSR conducts monthly caregiver support group meetings

Objective: OSR will add a 4th Caregiver support monthly caregiver support group and promote virtual attendance for those unable to leave home or work

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#10 Offer person-centered nutrition programs

- Good health requires more than best medical treatment
- Good nutrition is an important component and is a social determinant of health:
 - Daily hot meals offered at our Friendship Centers
 - Daily hot home delivered meals to those homebound
 - Frozen meals delivered to those with additional meal needs
- Nutrition counselling and education available and offered to all
- Collaboration with Cornell Cooperative Extension, Second Chance Foods, and Meals on Main Street to make supplemental food options available to Putnam County seniors.

Objective: Reduce food insecurity and hunger for Putnam County seniors

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#11 Ensure legal assistance in key areas for senior safety and security at home

- Key areas include:
 - Income, health care issues, long term care and guardianship
 - Housing and utilities
 - Protection against age discrimination, abuse, neglect, and exploitation
- OSR contracts with a legal services provider for weekly availability at one of our senior centers

Objective: Develop monitoring tool and protocol to ensure key areas are covered

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The 2024 Budget – OSR’s Financial Tools

Projected Revenue	\$2,591,471
Proposed Expenses	<u>(\$8,600,681)</u>
County funded Taxation	<u>\$6,009,171</u>

70% County Share or 1,200%+ Overmatch of the \$500,000 25% requirement

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Putnam's investment in its Seniors has strong value proposition

- This investment pays dividends:
 - OSR preventive SDoH programs reduce hospitalizations
 - OSR helps Seniors remain home 2 ½ years longer
 - OSR services are more economical than nursing home care at more than \$150,000 per year
 - A significant taxpayer and caregiver benefit
 - Socialization found in OSR programs is a key ingredient for health – Loneliness Kills

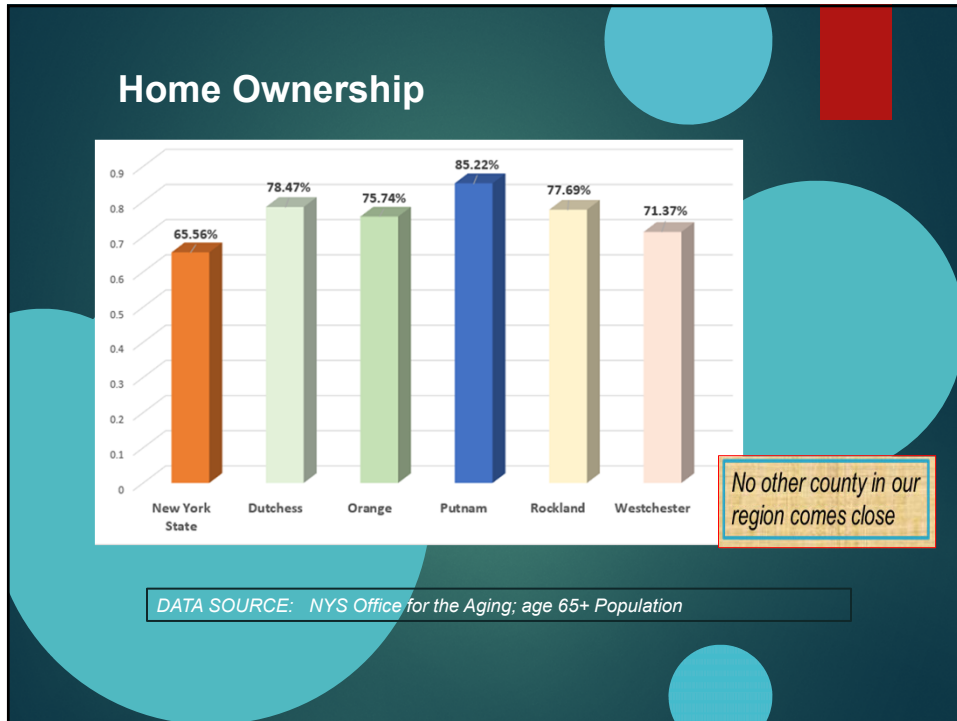
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Economics of Aging

- Population of Putnam County is ~ 97,668.
- Seniors (60+) ~ 25,297 residents or 26%!
 - 60 to 74: 18,193
 - 75 to 84: 5,470
 - 85+: 1,634
- 85.2% of those seniors own their own home. NYS average = 66%
- Putnam Seniors' household income contributes ~\$1.1 Billion or more than 25% of Putnam's household income
- Resulting in \$400+ Million remaining in Putnam County.

Putnam has the FASTEST growing senior population in NYS; 41.3% from 2010 to 2020 vs NYS average of 25.1%

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A Snapshot on the SDoH value to Putnam

- The Putnam Senior Volunteer Corps:
 - 400+ engaged Seniors provide over 50,000 service hours to more than 2,000 people with a service hour value in excess of \$1.4 Million to our community
 - Senior Volunteer Corps medical transportation for Seniors and Veterans has major preventative value and supports better health care and fewer hospital visits; (1,470 rides these past 12 months)
- OSR touches Putnam County Seniors each year:
 - Direct services:
 - ~ 3,000 as we respond to more seniors since the pandemic
 - Indirect services:
 - Community outreach
 - To our Town senior clubs and other community groups
 - Annual Senior Guide mailing and distribution to ~20,000 Seniors

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OSR's 2023 - 2024 Accomplishments

- Collaboration with Cornell Coop Extension on Bountiful Meals and Meals on Main Street to ameliorate food insecurity
- Relaunched SOAP at 2 senior centers equipped with shower and laundry facilities to support seniors and their caregivers in need
- Delivery of 1 new buses as OSR's fleet renewal program continues
- Relaunched Get Up and GoGo Taxi Voucher Program with new funding sources
- Proud of 2 perfect NYS audits of our Adult Day Services programs which validates the value these programs offer to frail seniors and their caregivers

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OSR's 2023 - 2024 Accomplishments

- Launch of new SAIL fall prevention program that expands our portfolio of programs that includes:
 - A Matter of Balance
 - Tai Chi for Arthritis
 - Bingocize
- Strengthened our Nutrition Program with redefined roles with new and experienced talent
- Koehler Friendship Center refurbished in 2023 and PV project underway in 2024

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OSR Initiatives for 2025

- More Age Friendly community initiatives
- Personal Emergency Response System (“PERS”)
- Explore development and funding for **Home Modification** program for qualifying seniors in need
- Caregiver support service expansion
- Coordinated discharge and care planning program with local hospitals
- Continued growth of our **Helping Hands** home health aide program
- Delivery of 2 new buses to complete our fleet rebuild program

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In Closing...

- OSR services address the “Social Determinants of Health” needs for Putnam County seniors
- The value in improving healthy outcomes for seniors is now being recognized nationwide
- The OSR budget is an investment that pays back with a healthier senior population and reduced medical costs

OSR helps our Seniors remain in their homes on average 2.5 years longer and avoid long term care costs of more than \$150,000/year

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Putnam County Office for Senior Resources		24/25 Proposed AU			
Grant Name	Service Categories	Total Funding	Service allocation %	Grant Funded (29%)	County Funded (71%)
CSE	Adult Day Services	439,880	5.49%	127,565	312,315
III-E	Caregivers	90,371	1.13%	26,208	64,163
III-B, EISEP & CSE	Case Management	257,594	3.21%	74,702	182,892
EISEP	Consumer Directed Serv	181,494	2.26%	52,633	128,861
III-C1, III-C2, CSI & WIN	Nutrition & Meals	1,784,574	22.26%	517,526	1,267,048
III-B, III-C1, III-C2, CSE, & WIN	Information & Assistance	544,069	6.79%	157,780	386,289
*remove? "other services"	In-Home Contact & Support	187,024	2.33%	54,237	132,787
III-B	Legal Assistance	45,200	0.56%	13,108	32,092
*remove? "other services"	Other Public Info (Nut Ed)	30,988	0.39%	8,987	22,001
*remove? "other services"	Outreach	40,413	0.50%	11,720	28,693
EISEP & Unmet Needs	Personal Care Level II (P/C)	750,930	9.37%	217,770	533,160
*remove? "other services"	Sen. Ctr/Recreation	68,673	0.86%	19,915	48,758
III-B, CSE, Unmet Needs	Transportation	905,707	11.30%	262,655	643,052
III-B, III-C1, III-C2, EISEP, CSE, WIN & Unmet Needs	Other services (16a)	744,170	9.28%	215,809	528,361
III-B, EISEP, CSE, WIN Unmet Needs	Area Plan Admin	1,946,564	24.28%	564,504	1,382,060
Total		8,017,651	100.00%	2,325,119	5,692,532