

# **Aging In place**

## **Challenges for rural TN**

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# What is Aging in Place?

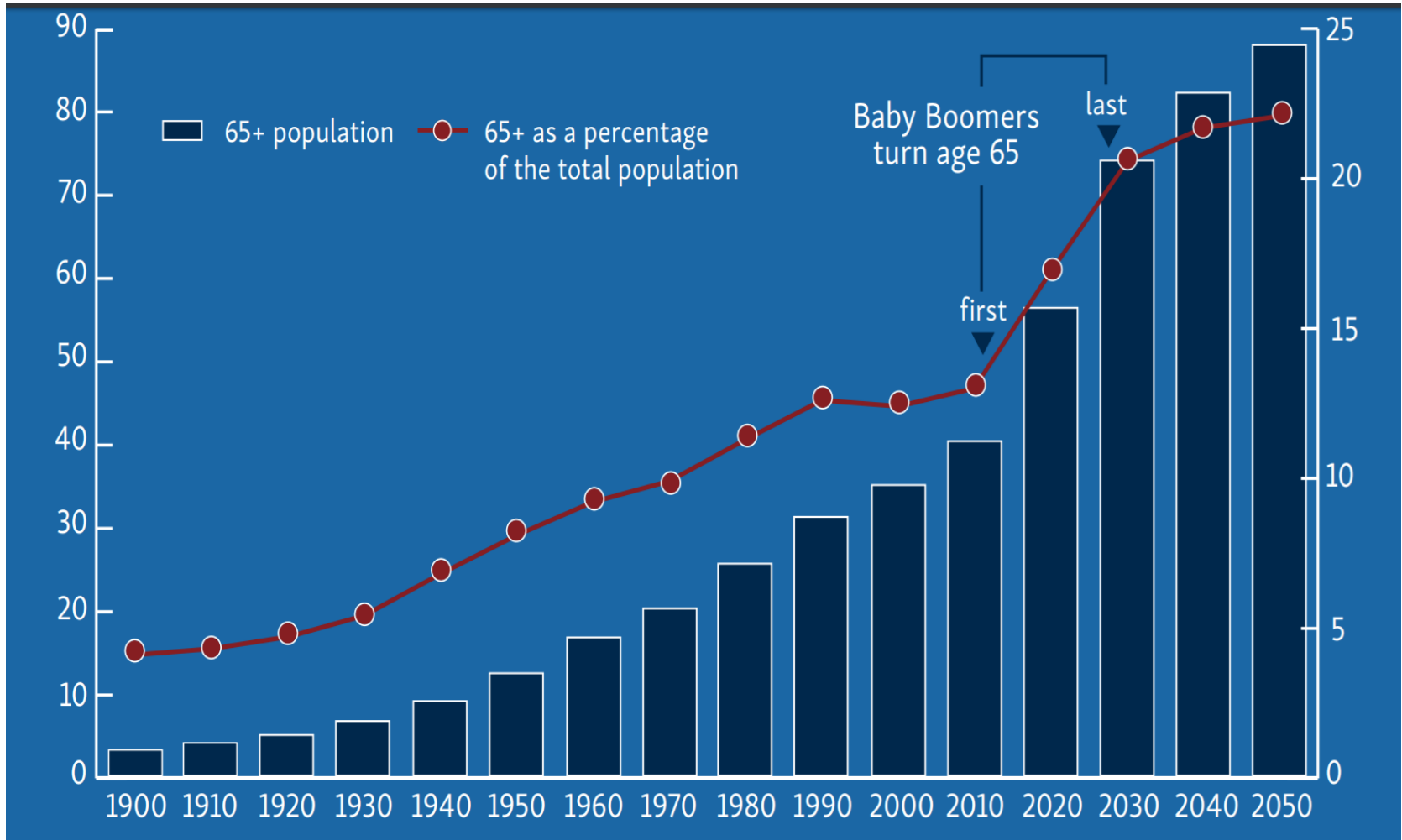
The U.S. Centers for Disease Control and Prevention defines aging in place as:

“The ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level“

<https://www.cdc.gov/healthyplaces/terminology.htm>



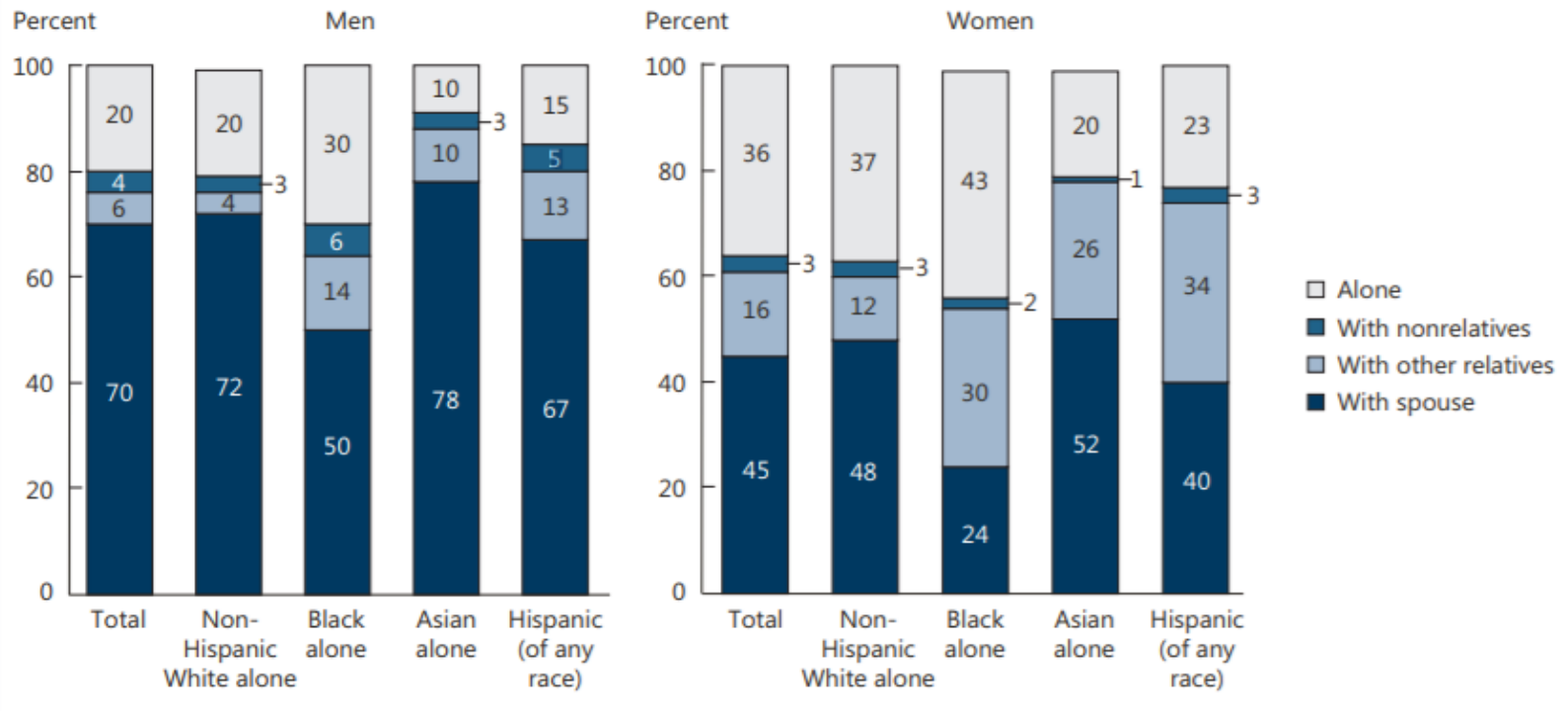
# Ageing Statistics



[https://agingstats.gov/images/olderamericans\\_agingpopulation.pdf](https://agingstats.gov/images/olderamericans_agingpopulation.pdf) (last modified 9/14/2017)

# Living Arrangements

**Living arrangements of the population age 65 and over, by sex and race and Hispanic origin, 2015**



NOTE: Living with other relatives indicates no spouse present. Living with nonrelatives indicates no spouse or other relatives present. The term "non-Hispanic White alone" is used to refer to people who reported being White and no other race and who are not Hispanic. The term "Black alone" is used to refer to people who reported being Black or African American and no other race, and the term "Asian alone" is used to refer to people who reported only Asian as their race. The use of single-race populations in this chart does not imply that this is the preferred method of presenting or analyzing data. The U.S. Census Bureau uses a variety of approaches.

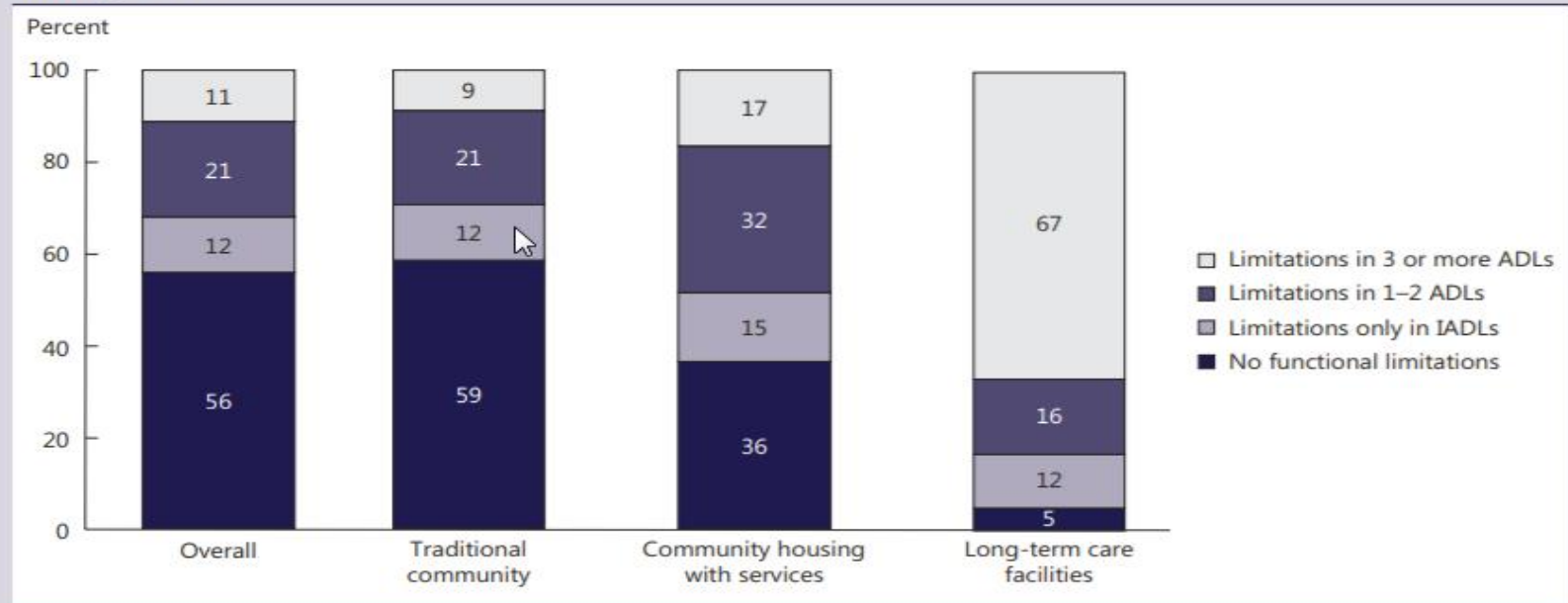
Reference population: These data refer to the civilian noninstitutionalized population.

SOURCE: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

<https://agingstats.gov/docs/LatestReport/Older-Americans-2016-Key-Indicators-of-WellBeing.pdf>

# ADL & IADLs Data

**Percentage distribution of Medicare beneficiaries age 65 and over with limitations performing activities of daily living (ADLs) and instrumental activities of daily living (IADLs), by residential setting, 2013**



**NOTE:** Community housing with services applies to respondents who reported they lived in retirement communities or apartments, senior citizen housing, continuing care retirement facilities, assisted living facilities, staged living communities, board and care facilities/homes, and similar situations, AND who reported they had access to one or more of the following services through their place of residence: meal preparation, cleaning or housekeeping services, laundry services, or help with medications. Respondents were asked about access to these services, but not whether they actually used the services. A residence (or unit) is considered a long-term care facility if it is certified by Medicare or Medicaid; or has 3 or more beds, is licensed as a nursing home or other long-term care facility, and provides at least one personal care service; or provides 24-hour, 7-day-a-week supervision by a non-family, paid caregiver. Long-term care facility residents with no limitations may include individuals with limitations in performing certain IADLs, such as doing light or heavy housework or meal preparation. These questions were not asked of facility residents.

Reference population: These data refer to Medicare beneficiaries.

SOURCE: Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey, Access to Care.

# Mobility and Home safety



**Ambulating**



**Ascending and descending stairs**



**Bed transfers**



**Chair and sitting transfers**





Bathing



Toileting



Grooming



Dressing





Washing Dishes



Doing Laundry



Yard Work







Home Delivered  
Meals



Meal Preparation



Eating/Feeding



- Livable community
- Transgenerational design
- Technological changes
  - Social media
  - Smart homes
  - Supportive technology
  - Home medical monitoring



- Naturally occurring retirement communities, also known as NORCS

# Telecommunications Devices Access Programs (T.D.A.P.)



The Telecommunications Devices Access Program ("TDAP") is established by Chapter 417 of the Public Acts of 1999 (the "ACT"). In accordance with the Act, the program is designed to distribute appropriate telecommunications devices so that persons who have a disability may effectively use basic telephone service. The Tennessee Public Utility Commission has the responsibility and authority to implement and manage the program.

- Permanent residence in the State of Tennessee
- Disability that necessitates an assistive device to properly use the telephone (verified by a Tennessee licensed physician)
- Able to use the device or be trained to use the device

<https://www.tn.gov/tpuc/telecommunications-devices-access-programs-tdap.html>

# Tennessee Services for the Blind and Visually Impaired Services



- Tennessee Services for the Blind and Visually Impaired receives special funding from the U.S. Department of Education to provide independent living services to older individuals who are blind or visually impaired.
- The Older Blind Project is administered by the agency's 18 Rehabilitation Teachers who direct the efforts of nine Teacher Assistants in working exclusively with individuals who are at least 55 years old. These assistants provide direct services to individuals on a one-on-one basis and coordinate services which may be available from other agencies and organizations.
- All services are provided under the supervision of a Rehabilitation Teacher.
- To enroll in the Rehabilitation Teaching Program for the Blind and Visually Impaired, contact the nearest Vocational Rehabilitation District Office:

<https://www.tn.gov/humanservices/ds/blind-visually-impaired-services/bvis-independent-living-services.html>

# Family Caregiver Support Program (F.C.S.P.)



The Family Caregiver Support Program (F.C.S.P.) helps families provide care for older relatives in the comfort of their own homes. This program offers the following caregiving services:

- Caregiver training
- Support groups for caregivers
- Individual counseling for caregivers
- Respite care in the form of
- Personal care services
- Homemaker services
- Adult day care programs
- In-home adult care

<https://www.tn.gov/aging/our-programs/caregiving.html>

# OPTIONS for Community Living



- The OPTIONS program provides home- and community-based services to the elderly and adults with disabilities based on availability and need. Services include the following:
  - Homemaker services
  - Personal care
  - Home delivered meals
- To qualify for the OPTIONS program, applicants must:
  - Be a resident of Tennessee and
  - Meet the Activities of Daily Living (A.D.L.) and Instrumental Activities of Daily Living (I.A.D.L.) limitation requirements
- There is no income eligibility requirement for this program, but there is a sliding scale fee based on income.
- To enroll in the OPTIONS for Community Living Program, contact the nearest Area Agency on Aging and Disability office:

<https://www.tn.gov/aging/our-programs/options.html>

CHOICES is Tennessee's Medicaid health coverage program for seniors age 65 and older. In addition to medical care, CHOICES also offers Long-Term Services and Supports (L.T.S.S.) that help with performing everyday activities such as bathing, dressing, getting around the home, preparing meals, or doing household chores. Care is available in a nursing home or at home. Eligibility is based on both medical and financial need.

- There are three categories of CHOICES coverage:
  - CHOICES Group 1 is for persons of any age who qualify for institutional skilled nursing care and choose to receive that care in a nursing home.
  - CHOICES Group 2 is for persons age 65 and older who qualify for institutional skilled nursing care but choose to receive home care services instead.
  - CHOICES Group 3 is for persons age 65 and older who don't qualify for institutional skilled nursing care but still need a lesser degree of home care services to delay or prevent future skilled nursing care.

# Mental Health Programs for Senior Citizens



- **Older Adult Programs** serve adults who have mental health needs and their families and caregivers.
- **Eligibility:** The **Older Adult Programs** serve adults aged 50 years or older who have no other way of obtaining services. Participants may have Medicare only or pay privately. Individuals participating in these programs will not be eligible for case management under Tennessee's Medicaid Program.
- **Services:** The program provides care management services, which may include outreach, screening, assessment, in-home therapy, and other supportive services as needed. Additionally, these programs provide community mental health education that promote awareness and knowledge about mental health issues for older adults.

<https://www.tn.gov/behavioral-health/mental-health-services/mental-health-services-for-adults0/older-adult-services/older-adult-services/mental-health-programs-for-senior-citizens.html>



# Public Guardianship



- Public guardians, or conservators, offer guidance to adults age 60 and older who need assistance with making financial and medical decisions. Public guardians act as protectors and personal advocates for vulnerable seniors who may not know how to meet their own needs.
- The Public Guardianship program operates on a sliding scale payment system; those who qualify as low-income may enroll in the program at no charge. Also, those who qualify for Supplemental Security Insurance (S.S.I.) may receive free services.

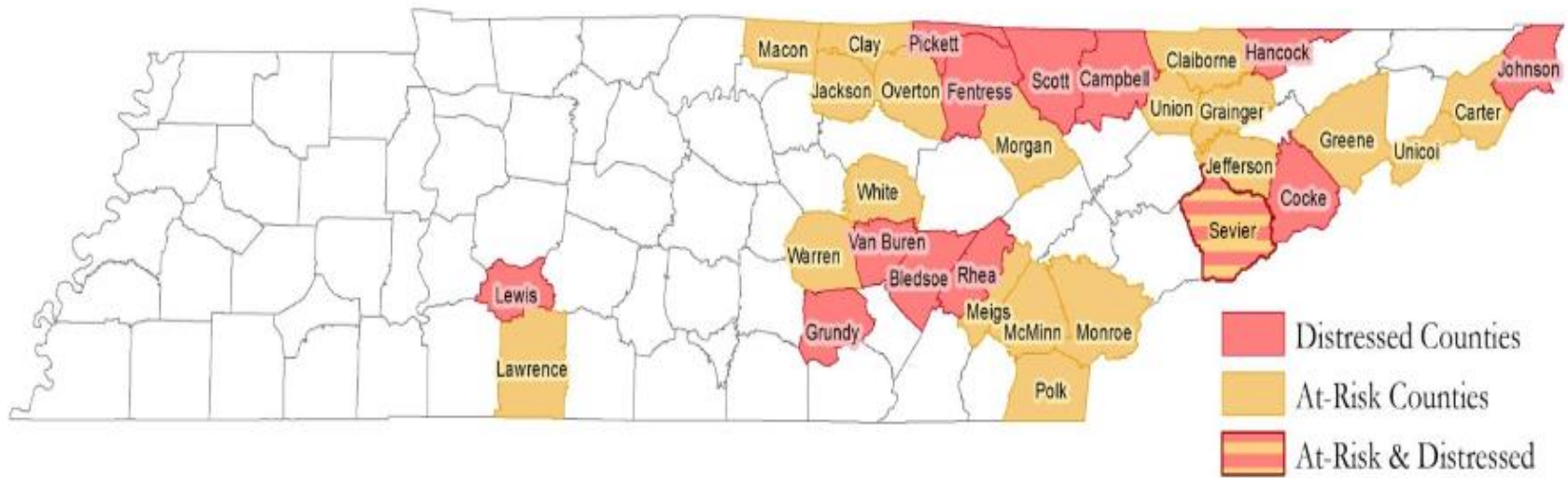
<https://www.tn.gov/aging/our-programs/public-guardianship.html>

# Appalachian Renovation Loan Program (A.R.L.P.)



- The Appalachian Renovation Loan Program (A.R.L.P.) helps provide safe and sound housing by offering loans for home repairs and improvements to residents in the most distressed and at-risk Tennessee counties.
- The Appalachian Renovation Loan Program is available in the following counties:

TN ARLP County Map:



# Emergency Home Repair Program



- The Emergency Home Repair Program provides grants to help fund essential repairs that are necessary to make homes livable and safe for low-income, elderly residents.
- The following list exemplifies the kinds of home systems the program repairs:
  - Roofs
  - Electrical systems
  - Plumbing systems
  - Septic systems
  - Heating and air systems
  - Structural repairs to floors or walls

<https://thda.org/business-partners/emergency-repair>

# TN Disability Housing Assistance



- The United Cerebral Palsy of Middle Tennessee, Working through a statewide partner network, donations are allocated to meet specific home and community based housing needs of low income persons with disabilities in Tennessee who do not receive housing supports through state Medicaid Waiver programs.
- the overall fund may be used for a variety of purposes specific to disability related housing needs.
- The fund is used for small construction activities specific to disability needs such as widening doorways for wheelchair access, modifying bathrooms, and installing grab bars or ramps to allow access in to one's home.

<http://ucpmidtn.org/programs-and-services/disability-housing-assistance>

The Tennessee Commission on Aging and Disability administers three nutrition service programs:

- Home-delivered meals – Senior Tennesseans who are homebound are eligible to receive one fresh, nutritionally balanced meal a day at no cost. Additionally, those who deliver the meal socialize with the recipient and perform a brief home safety check.
- Congregate meals – Healthy meals are served Monday through Friday at senior centers, churches, schools, and community centers across the state to Tennesseans at least 60 years old at no cost. Spouses of those eligible to partake of the congregate meals are welcome. Meals are not served on holidays.
- Nutrition screening – Those who participate in the home-delivered and congregate meals programs also qualify to receive free nutrition screenings to verify that they are getting the nutrition they need. Furthermore, counselors are available to offer one-on-one assistance to help participants stay healthy and better manage diseases with proper nutrition.

# Questions?

If you have any questions, please contact:



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