



AREA AGENCY ON AGING
A Division of Mature Resources

Mature Resources Area Agency on Aging

2024-25 Annual Plan
For Services and Budget

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Mature Resources Area Agency on Aging Summary of Proposed 2024-25 Service Levels and Budget

Each year, the Agency must budget its expected sources of income and plan how it will serve older consumers in the coming year. The Agency has completed its budget and projected its service levels for the 2024-25 fiscal year. This summary is available to the public.

Introduction

Mature Resources Area Agency on Aging serving Clearfield County is one of the 52 Area Agencies on Aging operating in Pennsylvania. As a private, non-profit corporation, and a 501c3 charitable organization, Mature Resources AAA is under direct contract with the Pennsylvania Department of Aging and has been designated by the Department to plan, pool, and coordinate information and services for older adults in greatest social and economic need. Such activities are for the express purpose of enabling older adults to remain in their own homes for as long as possible at the highest level of functioning possible.

Mission, Vision and Tagline

Mission

The Mature Resources Area Agency on Aging is a charitable, not for profit corporation dedicated to providing a comprehensive array of the highest quality health and human services to residents of Clearfield County. We will accomplish this mission by committing to our guiding principles of integrity, commitment to community, best service, progressive attitudes, professionalism and teamwork, and investment in our employees and volunteers.

Vision

The Mature Resources Area Agency on Aging and its team of staff and volunteers will be widely regarded and consistently ranked as the premier resources, advocate, and coordinator of services and information for residents of Clearfield County.

Tagline

“Enhancing Quality of Life”

Accessing Services

Outreach Service

Mature Resources Area Agency on Aging engages in outreach to the community across multiple platforms including word of mouth, print media, radio, online platforms and television.

Information and Referral (I&R)

Information and referral is AAA's warehouse of information, which helps people find the services they need. People who need information can call or walk in. If AAA does not have the services a person needs, a referral will be made to the place that can help the consumer. The Agency also supports the National 211 service in Clearfield County. 211 can be accessed by

phone, text and email at 211.org. This sophisticated and robust database is available to people of all ages and includes navigators to assist in matching service providers with those in need.

Long Term Living Services

Case Management

Case management can be compared to a life consultant or concierge these professionals listen to the needs people have and assist them in obtaining services, applying for other public benefits, arranging to get services delivered to their homes, and monitoring the progress each person makes because of their engagement in services. In addition, care managers facilitate participation in several evidence-based programs based on individual needs. These programs teach participants strategies to allow for the self-management of chronic medical conditions.

Assessment

Assessment is a process that the care manager uses to gather basic information about each person requesting services. Physical, mental, social, and financial aspects are assessed, as well as the person's living situation. Once eligibility is confirmed, a package of care services is arranged to support the person in their home.

Protective Services Reports of Need, Intake & Investigations

When an older person is experiencing a serious degree of abuse, neglect, exploitation, resistance to help, or isolation, the Older Adult Protective Services Team goes into action to remove the source of abuse and return the person to a safe living situation. The Agency is also able to receive abuse reports for adults (18-59) which are then forwarded to the appropriate investigative agency.

Personal Care

Recipients of this service get hands on help with grooming, bathing, transferring, eating, dressing, routine skin care and other such tasks.

Meals on Wheels and More

People who cannot attend congregate meal sites or prepare a meal for themselves because of illness or other problems can receive nutritious meals provided directly to them at home. This program ensures that seniors receive 1/3 of the recommended daily nutrition they require and provides a visit to ensure they are well. If contact with a consumer is unable to be made, care management staff contact emergency contacts, doctors and hospitals to ensure that a consumer is not inside of their home in need. If no contact can be made, a home visit is complete and in some cases law enforcement is contacted to enter the home to do a wellness check.

Caregiver Support

The needs of caregivers and how they can be empowered to continue to provide care to dependent adults at home is a focus of CSP. Services include assessment and care management, benefits counseling, caregiver education and training, and other types of support. Reimbursement for respite services, home modifications, adaptive devices, and some supplies are available on a cost sharing basis.

Medication Management Reconciliation

Skilled nursing agencies provide assessment of in-home medication for our consumers, as needed, and subsequently, provide medication setup on a weekly basis, monitor for side effects or problems, communicate with Physicians regarding updated prescriptions or orders and educate consumers or family members regarding medications.

Guardianship

A legal process in which an adult or organization is appointed by court to make decisions on behalf of an older adult who has been determined to be incapacitated and unable to make these decisions. Guardianship decisions include the care of a person's residence, health, general care and well-being and **finances**.

Care Transitions Intervention

The care transitions program helps individuals transition from acute care environments back to their homes and community. This is a 30-day short-term program validated to mitigate the risk of rehospitalization to participants.

Other Support Services

Ombudsman Service

Ombudsmen provide an impartial investigation and advocacy to residents of care facilities and those receiving community-based long-term care and support.

Legal Services

Provide minimal consultation services by an attorney for non-fee generating cases.

Volunteer Services

This program connects people who want to volunteer in rewarding opportunities with a variety of agencies and organizations that can use their help. Volunteers receive ongoing training for skill development in their specialty area.

Farmers Market Vouchers

In cooperation with the Pennsylvania Department of Agriculture, this program gives vouchers for the purchase of Pennsylvania grown produce at farmers' market to those 60 years old or older and meet income guidelines.

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)

Healthy IDEAS is an evidence-based disease self-management program for depression that builds on the established client relationship to empower at risk older adults to address depression and symptoms of depression using concepts of behavioral activation theory.

Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program is an evidence-based 6-week self-management class facilitated by trainers designed to guide participants through a process of using different tools and techniques to better self-manage their chronic pain.

Chronic Disease Self-Management Program

The Chronic Pain Self-Management Program is an evidence-based 6-week self-management class facilitated by trainers designed to guide participants through a process of using different tools and techniques to better self-manage their disease.

Diabetes Self-Management Program

The Chronic Pain Self-Management Program is an evidence-based 6-week self-management class facilitated by trainers designed to guide participants through a process of using different tools and techniques to better self-manage their diabetes.

End of Life Planning

End of life planning is conducted to ensure that consumers are able to plan ahead for their end of their life to ensure that what is most important to them, and their family occurs at the end of their life. Our trained counselors can provide information and discuss options available.

Navigation Service

Navigators can guide individuals and their families through the confusing and at times overwhelming world of eldercare and healthcare issues. Expert staff provide information to help navigate through these systems and to provide support when it is needed most.

Home Support Services

Home Support Services aid with light housekeeping services for those individuals who are in need of this service to continue to reside in their home safely.

Consultant Pharmacist Service

Through this service a pharmacist reviews medications of a consumer and offers recommendations as relevant and shared with consumers Physician. Additionally, consumer education is provided as necessary.

Person Centered Counseling

Person Centered Counseling provides a critical connection to resources for individuals in the community. Trained counselors assist individuals in the community with accessing public, private, Federal, State and local resources regardless of age, ability level and income.

Adult Day Care

Adult Day Care provides programming for consumers and families of consumers living with cognitive impairment. Adult Day Care provides a safe space for these consumers to spend part of their day with activities and comforting spaces with trained staff members. Services can be provided in either a half-day or full-day model.

Transportation Reimbursement

Consumers who travel on ATA buses to medical appointments, food shopping, congregate meal centers, and other necessary places of business can submit receipts for their trips and the AAA can reimburse them for much of the cost of the trips.

Center Services

Congregate Meals provides a nutritious meal served and eaten in the company of neighbors and friends.

Socialization/Recreation/Education are organized activities, social events and educational programs provided at senior centers and other places in the community including local YMCA for Silver Sneakers, Aquacise, Tai Chi, Zumba Gold and Walk with Ease programs.

Health Promotion are programs specifically designed to inform older adults about adopting a healthy lifestyle and monitoring their own health to ensure a higher quality of life in later years. These programs are provided at the centers and at many sites throughout the community. Our centers and other community locations offer a variety of these programs.

- Matter of Balance is an evidence-based program specifically designed to reduce the fear of falling, stop the falling cycle, and increase activity levels among older adults living in the community.
- S.A.I.L. (Stay Active and Independent for Life) is an evidence-based strength, balance and fitness program for older adults. The entire program of activities can help improve strength and balance.
- Healthy Steps in Motion (HSIM) is an exercise program designed for people of all fitness levels. It helps reduce the risk of falling by building body strength, increasing flexibility, and improving balance.
- Healthy Steps for Older Adults (HSOA) is an evidence-based falls prevention program for adults 50 and older. The program is designed to raise fall prevention awareness and knowledge. The program also introduces steps that can be taken to reduce falls and improve overall health and wellbeing.

Planned Service Units 2024-25

Service	Units Planned 2024-25
Information and Referral	2264
Functional Eligibility Determinations	942
PASRR-EV	32

Protective Services Reports of Need	480
Protective Services Investigations	284
Needs Assessment Tools	382
Needs Assessment Tools - Express	624
Personal Care	26,000 Hours
<i>Contracted Services</i>	5,000
<i>Consumer Reimbursement</i>	21,000
Home Delivered Meals - Total	107,000 Meals
<i>Hot Meals</i>	96,000
<i>Frozen Meals</i>	11,000
Community Health Choices Meals - Total	10,000 Meals
<i>Hot</i>	8,500
<i>Frozen</i>	1,500
Congregate Meals	28,000
Center Visits	6773
Guardianships	6
Caregiver Support Program	65 Families
Transportation Reimbursements	3846
PA MEDI Consumers	350
Rent/Tax Rebates	530

Farmers Market Vouchers	2,500
Volunteers for AAA	55
Volunteer Hours for AAA	4434
Volunteers in VCCC	95
Volunteer Hours for VCCC	13017

Budget 2024-25

Income	
Aging Services Block Grant	\$2,288,563
Family Caregiver	\$200,611
PA MEDI	\$9,192
Nutrition Services Incentive Program	\$75,000
Health and Wellness	\$13,654
PA MEDI additional base	\$5,000
Ombudsman Volunteers & Federal	\$13,550
OPTIONS Services	\$442,032

OPTIONS Services 2	\$561,126
Block Grant Supplement	\$45,918
Protective Services	\$49,043
Protective Services - Personnel	\$45,000
MIPPA	\$9,747
Senior Centers	\$10,204
Total Aging Block Grant	\$3,768,640
Title XIX – MA I&R & ARDC	\$90,849
Community Health Choices Meals	\$80,000
Aging Well of PA, LLC - Assessments	\$218,351
Program Income	
Client Contribution, Federal	\$100,000
Client Contribution, Local	-
OPTIONS Cost Sharing	\$6,000
Local Revenues	\$382,688
Total Income	\$4,646,528

Expenses by Cost Center	
Administration	\$281,652
Administration	\$275,701
Development	\$5,951
Access	\$253,622
Information and Referral	\$253,622
Long Term Living	\$2,850,363
Home Delivered Meals	\$1,305,795
Personal Care	\$410,750
Assessments	\$218,351

Care Management	\$915,467	
Other Supportive Services		\$776,903
Caregiver Support	\$124,145	
Volunteers	\$16,764	
Legal Services	\$1,000	
Ombudsman	\$35,445	
Protective Services	\$410,747	
Guardianships	\$750	
Home Support	\$37,400	
Adult Day Care	\$80,252	
Medication Management	\$70,400	
Center Services		\$473,828
Congregate Meals	\$264,259	
Socialization/Health and Wellness	\$209,569	
Transportation		\$10,224
Total Expenses		\$4,646,528

Percentage of Expenditures

Administration	6.06%
Access	5.46%
Long Term Living	61.37%
Other Support Services	16.72%
Center Services	10.20%
Transportation	0.22%
Total	100%