

ADMINISTRATION ON AGING

Mission: *The Administration on Aging's (AoA's) mission is to promote the dignity and independence of older Americans and to help society prepare for an aging population.*

The FY 2005 budget request for AoA is \$1.4 billion. This amount includes increases to test new models of home and community-based care and provide nutrition, caregiver, and supportive services. The budget also includes \$5 million for the second year of funding for the White House Conference on Aging.

One of the most critical issues facing elderly Americans today is that of long-term care. Elderly citizens overwhelmingly state a preference to live at home as long as possible. Even small amounts of support can make a significant impact in enabling elders to remain in their homes and out of institutional care. The FY 2005 budget continues to emphasize AoA programs that work together to support elders at home and in the community. Services are provided through a nationwide network of State, Tribal and area agencies on aging and by over 29,000 local service providers.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

Family caregivers have always been the main source of long-term care services provided in the United States. AoA is committed to assisting family caregivers by providing them with the resources to help them keep their loved ones at home or in the community. The FY 2005 budget includes \$162 million for the National Family Caregiver Support Program. For a minimal cost, this national program provides information, training, counseling, respite and assistance services that support the efforts of America's caregivers. Research indicates that informal caregiving supports can have a significant impact on the

status of caregivers, delay the need for institutionalization, and significantly reduce costs to Medicare, Medicaid and private payers.

Caregivers provide an invaluable resource to their loved ones:

- ♦ Approximately 95 percent of all older adults who experience limitations in their daily activities have family members involved in their personal care.
- ♦ 22.4 million households are involved in providing care to persons aged 50 and older. These households are expected to increase to 39 million by 2007.
- ♦ The economic value of informal caregiving is estimated to be valued at \$257 billion.
- ♦ The average caregiver is a 46 year-old married female who works outside the home.

HOME AND COMMUNITY-BASED SUPPORTIVE SERVICES AND CENTERS

Home and Community-Based Supportive Services provide a variety of activities that enable elderly Americans to remain at home and in their communities. Three categories of services – access, in-home, and community – work together to improve the quality of life for elderly Americans. The budget for these services totals \$357 million.

Activities including transportation assistance, information and referral, chore, homemaker and personal care services, and adult day care, to help seniors to remain independent for as long as possible. AoA has established a target to provide an estimated 40 million rides in FY 2005 to help seniors visit health professionals, pharmacies, and grocery stores. Information and referral services will empower

A Caregiver's Experience

Katryna Gould's mother-in-law Katherine was living with Katryna and her family when, at the age of 84, she began to find some parts of her daily routine challenging. As a result, Katherine began attending an adult day health center near their home. In addition to providing social interaction and a measure of respite for Katryna and her husband, the center's staff answered Katryna's questions, addressed her comments, and recommended additional resources. Katryna joined a support group sponsored by the center. For an hour a week, Katryna was able to share her experiences with others who best understood the daily challenges she faced. Eventually Katryna enlisted the help of a social worker (also recommended by the health center staff) to make her home safer and more comfortable for Katherine.

These services both enriched Katherine's quality of life and provided Katryna's family the additional support they needed in order to attend to other responsibilities: "Katherine's days at the center meant time and energy for me to be wife, mother, homemaker, and caregiver with an ease that would otherwise not have been possible. Katherine's last months were spent surrounded by family, friends, and caregivers. She died at home at age 92, with dignity and love."

individuals and families to make informed choices about their service and care needs. Personal care and homemaker services will enable elders to live with dignity at home through assistance with activities of daily living. These services are provided through senior centers and in other community-based settings.

NUTRITION PROGRAMS

The budget requests a total of \$719 million for nutrition programs. Through a variety of State and community mechanisms, these programs provide nutritious meals to the nation's most frail and at-risk elderly. Through the three nutrition programs and additional leveraged resources, AoA's goal is for States to provide more than 300 million meals in FY 2005. These programs also provide supplemental nutrition screening, education, and counseling services which further enable elders to maintain their own health and independence.

Scientific evidence shows that adequate nutrition is essential for healthy aging and the prevention or delay of chronic disease and related disabilities. Research also indicates that meal preparation at home is difficult or impossible for many older Americans, and that the availability of a home-delivered meal is crucial to their ability to function independently at home. For example, 79 percent of home-delivered meal recipients have at least one limitation with activities of daily living, and 30 percent have limitations with three or more – a level of frailty consistent with nursing home residents. In many cases, home-delivered meals are the first in-home service an older adult receives, and the program is therefore also a primary access point for other in-home supportive services.

The Congregate Nutrition Services program supports the provision of meals to elderly individuals in a

variety of social settings such as senior centers and faith-based organizations. In addition to serving as a primary source of food for many participants, the program presents critical opportunities for social engagement and meaningful volunteer roles which contribute to individuals' overall health and mental well-being.

In FY 2003, the Department successfully transferred the Nutrition Services Incentive Program (NSIP) from the Department of Agriculture to AoA. Funds continue to be distributed by its historic formula, which is based on the number of meals served in the prior year. Under the Older Americans Act, States can elect to receive commodities in lieu of cash for part or all of their NSIP allocation. In FY 2004, 11 States have elected this option.

PROGRAM INNOVATIONS

AoA continues to seek ways to leverage funding at the State and community level to support seniors at home. To this end, it is crucial to ensure that seniors have access to all available resources in their home communities.

In FY 2003, AoA first partnered with the Centers for Medicare and Medicaid Services to establish Aging and Disability Resource Centers in 12 States. These centers serve as reliable resources and help to eliminate the confusion and frustration many older Americans face as they search for information about long-term care by providing objective information about the options – both public and private – that are available to them. They also provide information on best practices and assist States in replicating the significant strides that several other States have made in creating more citizen-centered systems of care by reducing nursing home expenditures and increasing community-based choices, while containing costs.

In FY 2004, AoA expects to establish centers in an additional 12 States, and is requesting an investment of \$11 million (an increase of \$6 million) in FY 2005 to further expand this collaboration with CMS.

In FY 2003, AoA launched an Evidence-Based Prevention Grants program to demonstrate how community-based aging services providers can effectively deliver programs that can reduce the risk of disease and disability in the older population. AoA funded 13 local projects and a national technical assistance center. AoA is partnering with CDC, ARHQ, and the National Institute on Aging, as well as several private foundations on this initiative, which is translating research into practice at the community level. This activity will continue in FY 2005. The net \$8 million reduction in Program Innovations is due to the completion of one-time projects.

GRANTS FOR NATIVE AMERICANS

The FY 2005 request includes \$26 million for grants for Native Americans. These grants will enable 243 Tribal organizations serving approximately 300 tribes to continue to provide services to American Indians, Alaskan Natives, and Native Hawaiians who are over the age of 60, by providing nutritional and supportive services which help them remain healthy and independent.

PREVENTION, PROTECTION, AND NETWORK SUPPORT

The FY 2005 request includes \$54 million to fund activities which educate older Americans about healthier lifestyles in order to delay or prevent the onset of chronic disease; protect vulnerable older Americans from abuse/neglect and empower them to assert greater control over their living situations; and identify additional local resources available for older Americans and their families.

ALZHEIMER'S GRANTS

The FY 2005 budget also includes \$12 million for the Alzheimer's Disease Demonstration Grant program. These grants improve the quality of services provided to those suffering from Alzheimer's Disease by incorporating new research findings, innovative approaches to care, and cultural competencies into actual home and community-based services.

WHITE HOUSE CONFERENCE ON AGING

The FY 2005 Budget requests a total of \$5 million for a White House Conference on Aging, to take place by December 2005, as called for in the Older Americans Act. The Conference will provide a national forum on aging issues.

PROGRAM ADMINISTRATION

A total of \$18 million is requested to maintain staffing levels, and for related program management and support activities necessary to effectively administer a wide array of AoA programs. This request also supports efforts to strengthen management through greater efficiencies and economies of scale in information technology, financial systems, and personnel operations.