

6. Goals for the Plan Period

Progress notes to be completed during self-assessment process.

Aging Unit Plan Goals <i>(Write at least one goal per focus area per year - add extra boxes as needed - put cursor to the left of the box and click the + sign)</i>	Progress Notes <i>(briefly summarize only those activities completed as of Dec. of each year)</i>	check if completed		
		2019	2020	2021
Focus Area 6-A. Advocacy Related Activities				
By 12/31/2019, a goal is to present at four resident meetings in at least two apartment complexes to provide training to older adults in practical skills that will enable them to take an active part in advocating for the services and programs that may affect them and to improve their understanding of local and national government policies.				
By 12/31/2020, Partner with the GWAAR Advocacy staff to provide training for Senior Awareness Day. Workshops for older adults and caregivers to include motivational speakers, films and presentations to help inspire advocacy and esteem. Participants will engage in advocacy workshops and improve communications with local, state and national community leaders.				
By 12/31/2021, invite local legislative representation to a Meet and Greet Your Legislator. This will give people the opportunity to meet and discuss their issues and concerns in person with legislatures. Our goal will be to recruit 20 individuals.				
Focus Area 6-B. The Elder Nutrition Program				
By the end of 2019, the Nutrition Program will open a restaurant model dining site in one rural community. If successful, this model will be duplicated in other identified rural areas at least 1 per year for 2020 and 2021				
The Nutrition Program will secure two shelf-stable meals in the event of inclement weather for all participants. This will be achieved by reaching out to local businesses for contributions. Then distributing the meals through either picking-it up at the meal site or home delivered meal drivers. The goal is to have two meals secured and distributed for all active participants by 12/31/2019.				

<p>To increase interactions for program participants, outreach to community providers (Girls and Boy Scouts, 4 H, Adopt a grandparent) to complete service learning projects will be completed via mailings, emails, and/or face to face. By 12/31/2020, 12 learning projects will be completed with community providers for our nutrition participants.</p>				
<p>To increase rural nutrition program participation, the aging unit will educate rural residents about meals programs and ways of obtaining food and groceries by:</p> <ol style="list-style-type: none"> 1. Noting additional external resources available (i.e. grocery delivery through stores) to the current resources guide currently provided. 2. Then, providing resources guides to local businesses that will allow them to be displayed such as doctor's offices, grocery stores, etc. As well as displaying and distributing them at the ADRC. 3. By educating rural residents about services available, we hope to achieve an increase in meal delivery volunteers through increasing community awareness of the program and volunteer opportunities to service new rural participants. Goal is to be accomplished by 12/31/2021. 				
<p>Focus Area 6-C. Services in Support of Caregivers</p>				
<p>Many of the caregivers from the Caregiver needs assessment, identified stress as a concern, not getting enough help, not getting enough quiet time, and a few shared they need more sleep. In order to reduce stress for caregivers, and empower caregivers in providing their best care and to make informed decisions, there will be two Powerful Tools for Caregiver workshops conducted in 2019. 2020, 2022.</p>				
<p>Of the 34 Caregiver needs assessments completed in 2018, 21 caregivers shared that they did not have a crisis plan or Plan B. In order to strengthen caregivers and support their need of crisis planning, an Emergency Kit/folder with resources and tools will be created and distributed to all caregivers who are participants of the NFCSP and AFCSP program as well as those that are on the wait list for these programs. Caregivers will be invited to provide input in at least two meetings on the product and to test the usefulness of the kits. The goal will then to distribute 40 kits/folders in 2020.</p>				

<p>In 2017, the ADRC staff spoke with 250 caregivers; a small number of caregivers enrolled care recipient in long term care and even less were referred to the NFCS and AFCS programs. In order to increase awareness about caregiver programs and resources, a strategic outreach plan will be to find and distribute additional Emergency Kit/folders to caregivers who do not need formal caregiver programs. A practical number would be to seek 20 caregivers that may have contacted the ADRC but have not enrolled or are not on the wait list for family caregiver programs. Goal completion date 12/31/2021.</p>				
<p>Focus Area 6-D. Services to People with Dementia</p>				
<p>Work with community partners to open one Memory Café in Jefferson County in 2019.</p>				
<p>To increase awareness of the business-friendly community, the goal is to target outreach efforts to those organizations that have not received dementia training. Training will be offered to 2 business each year as well as support individuals who have taken the Dementia Friends training to offer support and outreach. This will be an annual goal for 2019, 2020 and 2021.</p>				
<p>To provide early diagnostic of memory loss, the number of memory screens for each year will exceed the previous year by 5%. Memory screen clinics will be conducted through-out Jefferson County. This will be an annual goal for 2019, 2020, and 2021.</p>				
<p>To promote music and memories.</p>				
<p>Focus Area 6-E. Healthy Aging</p>				
<p>The ADRC will develop a brochure to capture all the healthy gaining programs being offered with the community as well as a Fall Prevention guide. Completion of guide and resources will be by 12/31/2019</p>				
<p>The ADRC will sponsor a Fall's prevention initiative. Staff will be trained to provide the "Stepping On" evidence-based falls prevention series of workshops by December 31 of each year 2019, 2020, and 2021.</p>				
<p>Dementia care staff will receive REACH II training and provide two workshops by the end of 2019. Two workshops will be completed in 2020 and 2021.</p>				

<p>Increase leadership availability to provide Living Well with Chronic Condition/Diabetes classes. At this time, the ADRC has two trained leaders, by the end of 2020, our goal is to have two more trained LWCC/D leaders to provide 2 more workshops.</p>				
<p>Focus Area 6-F. Local Priorities</p>				
<p>Promote the Sip and Swipe program that is available at community locations. Many survey recipients are interested to learn more about technology such as computer, I-pads and cell phones. Many mindfulness programs are free and available on the computer, ipad and cell phone. Many respondents reported isolation and loneliness.</p>				
<p>To promote Elder Abuse Awareness, the Adult Protective Services staff will offer presentations on scams, guardianship roles and responsibilities, and Prevention on Elder Abuse. The plan would be to conduct 2 presentations a year: a guardianship presentation in the spring and prevention program in the fall.</p>				
<p>Columbia 211 Suicide training for all ADRC staff including Nutrition site managers and drivers as well as patrons of the senior programs.</p>				