

Clinton County

Elderly
Services
Program
Esp

2010 Annual Report



The Elderly Services Program is provided by:

Clinton County Commissioners



***From left to right, Clinton County Commissioners:
Mike Curry, Randy Riley and Dave Stewart as of 12/31/10
Patrick Haley has replaced Dave Stewart as of 1/1/11***

Clinton County Citizens for Elderly Services, Inc. (as of 12/31/10)

Dean Knapp: President

Gene Breckel
Joan Burge

Tim Hawk
John Hosler

Larry Roddy
Donna Vandervort

Carol Weber
Eli Yovich

Administration:



Council on Aging of Southwestern Ohio | *Answers on Aging*

**175 Tri County Parkway, Cincinnati, Ohio 45246
(513) 721-1025 (800) 252-0155
www.help4seniors.org**

Intake and care management:



**717 North Nelson Avenue, Wilmington, Ohio 45177
(937) 382-7170 or (937) 382-1848**

Dear Friends,

On behalf of Clinton County Citizens for Elderly Services, Inc., it is my pleasure to present our 2010 Annual Report.

In times of financial strain and hardship for many, the Elderly Services Program is a bright spot of hope in our community. Not only does it help seniors, but also the families who care for them. In this report, you'll read about two such families who help their older loved ones every day, but count on our program to be there when they can't.

Unfortunately, we still have a waiting list. In September 2009 - only two years after passage of the senior services levy - we reached our enrollment capacity. We've been able to keep the waiting list to about 30 to 40 people, but the wait is three to four months. We have only two to three openings each week when people leave the program.

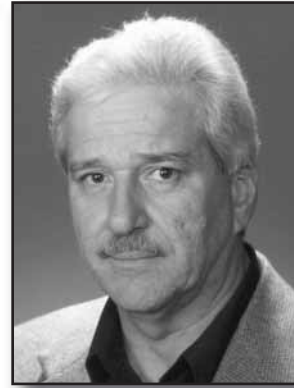
The good news is that there is no waiting list for home-delivered meals. That's because we use federal funds, available through Council on Aging, to stretch our levy money for Meals on Wheels.

In 2010, we served 517 Clinton County seniors with help they need to remain in their homes with independence and dignity – services such as home-delivered meals, housekeeping help and transportation to medical appointments.

This is not only compassionate; it's cost effective. We work hard to keep our costs down. On average, our program can provide home care services for \$318 a month, per client. These services can delay or prevent nursing home placement, where the taxpayers' cost for Medicaid is at least \$4,200 a month.

The Elderly Services Program is one more way for the people of Clinton County to take care of each other. We've seen that over and over again as we continue to recover from a bad economy and the departure of our major employer. We know you expect nothing less from us than high-quality care, and careful stewardship of your tax dollars. We will continue to deliver on that promise.

Dean Knapp, President
Clinton County Citizens for Elderly Services, Inc.



Dean Knapp

Clinton County Elderly Services Program

Helping older adults maintain independence and dignity in Clinton County

(937) 382-7170

(937) 382-1848

The Clinton County Elderly Services Program

The Clinton County Elderly Services program (ESP) helps older adults remain independent within the familiar surroundings of their own homes for as long as possible.

Nursing homes are often necessary, but most people do not want to go there before their time. With the help of services such as home-delivered meals and personal care, many older adults can delay or prevent nursing home placement.

Of all the options for long term care, services in the home are also the least expensive. It costs about \$318 a month per client in Clinton County ESP, compared to \$4,200 a month for nursing home care.

Clinton County's Elderly Services Program is supported by 1) a local tax levy, 2) funds from Title III of the Older Americans Act, and 3) co-payments from participants who are able to contribute to the cost of their care. Donations are also accepted for home-delivered meals.

Council on Aging of Southwestern Ohio (COA) administers the program under contract with Clinton County Commissioners. COA processes all billing, and provides program planning, reporting, auditing, contracting and provider services, technical assistance and community engagement. Agencies contract with COA to provide in-home services such as housekeeping help, personal care (bathing and grooming) and medical transportation.

COA works with Clinton County Citizens for Elderly Services, Inc., a volunteer community advisory board.

Clinton County Community Action contracts with COA to assess and enroll clients, as well as provide care management.

It costs about \$318 a month per client in Clinton County's Elderly Services Program, compared to \$4,200 a month for nursing home care.

Profile of the typical ESP client

Because of health problems and disability, our clients aren't out and about as they once were. But in their younger days, they were teachers, office workers, homemakers, nurses, and civic volunteers – in short, the backbone of our community. Today, the Elderly Services Program (ESP) helps them preserve their independence and dignity.

Our typical client is a woman in her 80s. She lives alone on a modest income of about \$17,232 a year, from which she pays \$3,710 in out-of-pocket medical costs.

Her income is too high for Medicaid, the government insurance program for the poor, but too low to allow her to hire in-home help. She has family members who help, but cannot provide all the care she needs.

Because of health problems, she can no longer do certain basic activities without help, like shop for groceries or clean her house. She is prone to falling and moves about with difficulty.

From ESP, she receives an emergency response device, a daily home-delivered meal, and several hours a week of housekeeping help. ESP also added grab bars in her bathroom. With the help of her family and these basic services, she avoids premature placement in a nursing home.

Clinton County ESP Client Story - Robert

For the Fire Department in Wilmington, having a member of the Babb family on the force is as traditional as strong coffee and firehouse chili. Through the generations, they've volunteered as a way of being deeply involved in the community.

For Robert Babb, it's a pleasure now just to hang out occasionally at the firehouse where he served as a volunteer firefighter for 37 years. The place is like a second home. "I grew up here," he said.

Even when he was no longer active on the force, he would still show up at fires with coffee and water for the guys. He still keeps a scanner radio going all the time at his home.

Now, at 84, he moves slowly, no longer drives, and gets out with the help of his son, Tom Babb, who is, of course, a part-time firefighter. Tom also drives an ambulance for a private company and is involved daily in his father's care.



**Robert with son Tom at the
Wilmington Fire Department**

"I'm the chauffer, secretary, handyman – you name it," Tom laughed. "It's just what you do. It's family."

His father replied, "It would be hard to live without him."

Always active in his hometown, Robert worked 40 years in the family business, Babb Sheet Metal. A deacon at the Antioch Church of Christ, he was also active at the New Vienna Senior Center. In 2005, while recovering from a broken hip, Robert was able to move into one of the Clinton County Community Action senior apartments in Wilmington. "It's one of the nicest places I've ever lived," he said.

Now that there are waiting lists for senior housing, Tom considers it very fortunate that his father got in when he did. "Now the goal is for him to stay there for as long as he can," Tom said.

Robert has been a client of the Clinton County Elderly Services Program since October 2008. He receives Meals on Wheels, homemaking help, personal care, and an emergency response system. The program also provided a lift chair, which increases his independence.

"We couldn't do it without the services – no way," Tom said. "We've made adjustments along the way and Dad has taken the changes in his life real well. The Meals on Wheels have been great...he's even eating yogurt now! (ESP care manager) Brenda (Haley) has been instrumental in helping us out. I know I can go to her whenever there's an issue."

"Yeah," Robert said, "she's pretty handy."

Assistance

Clinton County ESP Client Profile - Margie



Pictured left to right: caregiver and daughter, Kim, ESP client Margie and ESP Care Manager, Brenda

Margie is the mothering type. She's happiest when her large brood is around her and when her friends stop in to chat. From the vantage point of her living room armchair or her front porch, she comments on the passing scene of friends, neighbors and relations. And if human company is absent, she has four birds chirping away in her sunny kitchen and armloads of dolls.

She suspects her affection for dolls arises from a childhood when she did without. "When I was a girl, we never had things like that," she said. She lavished love instead on a rag doll cut from an old coat and topped with hair fashioned from corn silk.

In the days when she could get around, Margie loved to pick up doll's clothes and trinkets at yard sales. Now, at age 81, her health problems keep her confined to the house most of the time. She's had a stroke and two heart attacks and was hospitalized for a month. But, with help, she's been getting better.

"I can see such a big difference in her," said her daughter Kim. "She's more active and is getting stronger with the walker."

Kim is the primary caregiver for her mom. A nurse for 30 years, she lives next door and, along with her siblings, closely attends to her mother's needs. Since February 2008, the family has been helped by the Elderly Services Program. Margie receives Meals on Wheels, homemaking help, personal care, and an emergency response device. Through Clinton County Community Action, she received help with weatherizing her home.

"With the program and the kids coming in to help, I don't have to do anything but boss," Margie joked.

But being "boss" of her own home is important to Margie and to her family. Her house in Sabina is where her children grew up and where she took care of her husband who was sick for many years before his death in 1993. It's the place she polished after coming home from her jobs cleaning banks, hanging wallpaper, painting, and selling Stanley Home Products.

"We don't want to put her in a nursing home, if at all possible," Kim said. "At one point we thought we were going to have to, but with the services, we've been able to keep her home."

Always good for the last word, Margie said, "When they take me out of here, I don't want to know it."

"We don't want to put her in a nursing home. At one point, we thought we were going to have to, but with the services, we've been able to keep her home."

~Kim, caregiver and daughter of ESP client, Margie

Reaching out to the community

For the Elderly Services Program to thrive, we must reach out to elected officials and the community. Everyone needs to understand what they are getting for their tax dollars. They need to see how the program's services preserve the dignity and independence of seniors while also helping families take care of their own.

One way we do this is by inviting elected officials to visit ESP clients in their homes. There, they can meet the people they serve and see firsthand how services like Meals on Wheels and homemaking help seniors stay in their homes.

In August, Clinton County Commissioner-elect Patrick Haley visited Elderly Services Program client, Dawn, at her home in Clarksville. He was joined by Elderly Services Program care manager, Katie, and the Government Relations Manager for the Council on Aging.



Pictured left to right: Clinton County Commissioner Patrick Haley; ESP client Dawn, Clinton County ESP Care Manager Katie

"The Elderly Services Program is wonderful and it is so helpful for me and my family," Dawn told Commissioner Haley. "It gives me the independence I want and the services I need. Katie is simply terrific and takes care of everything. I am so grateful to have this...please keep it going!"

Advocacy

Event highlights senior safety on Elder Abuse Awareness Day



Wilmington Senior Safety Day

Another outreach effort is Wilmington Senior Safety Day, an annual gathering of seniors, their families, professionals, and other community members to promote the safety and well being of older adults.

More than 100 people turned out at the Wilmington Savings Bank Clinton County Senior Center on June 15 to learn about elder abuse prevention and safety needs in the community. The event was held in conjunction with Elder Abuse Awareness Day. Elder abuse, neglect and exploitation is a serious concern that is under-reported and hidden in most communities.

Answers on Aging

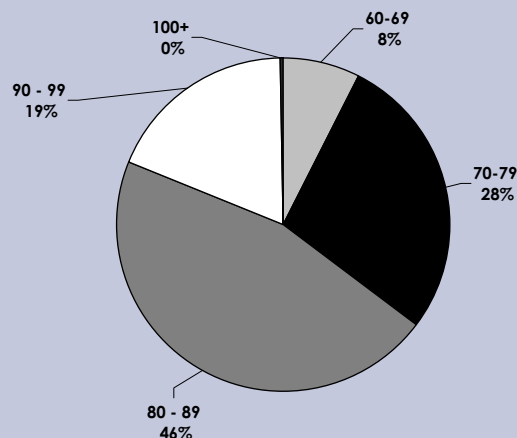
Clinton County ESP Client Profile

Our typical client is an 82-year-old disabled woman, living alone on a modest income. Total clients served in 2010: 517. Pages 6-7 show the detail of our client demographics. Client totals on these pages may vary due to different data reporting requirements in each demographic category. Percentages may not equal 100 due to rounding.

Age

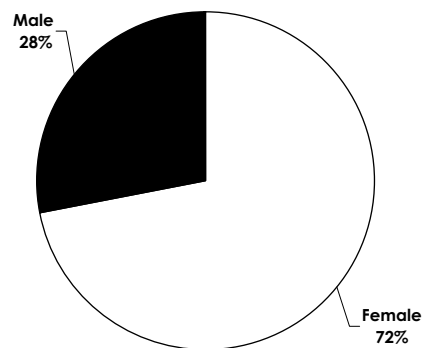
The average age of the Clinton County ESP client in 2010 was 82 years old. Eligibility for the program starts at age 65, but clients may receive home-delivered meals beginning at age 60, if they are disabled. Some services are also available to clients under age 60 who have dementia, including Alzheimer's disease.

Age 60 – 69	39
Age 70 – 79	144
Age 80 – 89	236
Age 90 – 99	96
Age 100+	2



Gender

Female	372
Male	145



Level of Disability

After age, the second qualifying factor for ESP is disability. All clients need the program in order to continue functioning independently in their homes. The vast majority of ESP clients have a severe level of disability. Severe disability means impairment in two or more daily living activities such as bathing or preparing food.



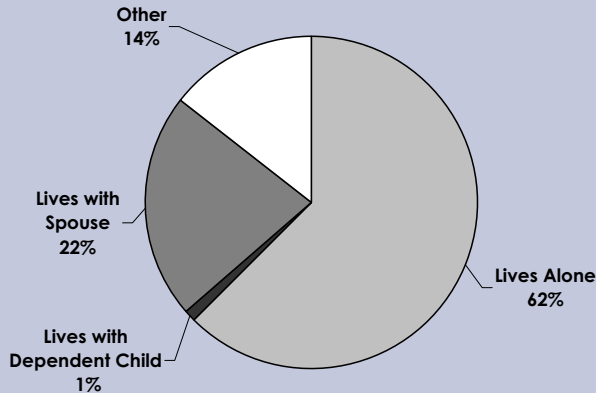
Clinton County ESP Client Profile

Living Arrangements

ESP is intended to supplement the care that is provided by family and friends. Many clients, however, do not have anyone who helps them regularly other than through the program.

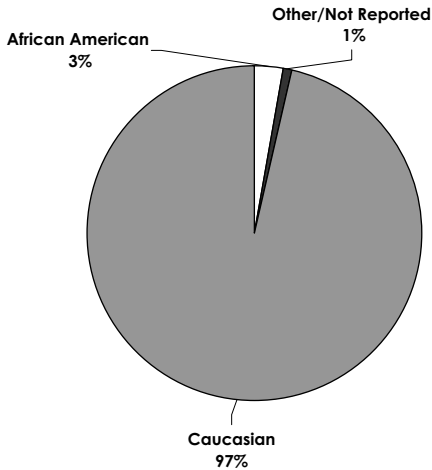
Lives alone	323
Lives with spouse	114
Lives with dependent child	6
Other*	74

**Other may include arrangements such as living with other family member, friend or caregiver.*



Race

Caucasian	499
African American	15
Other/Not Reported	3

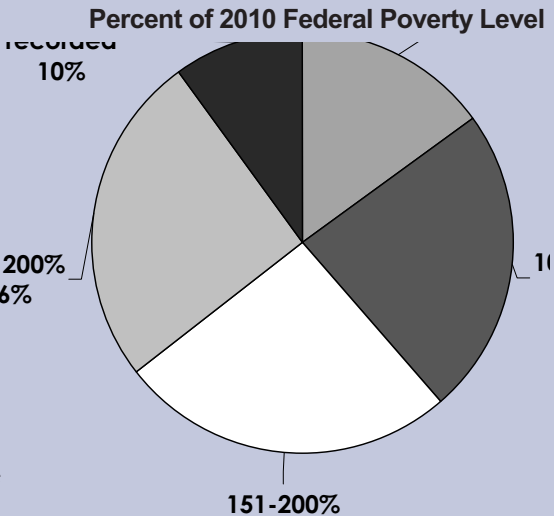


Income and Expenses

Most ESP clients have modest incomes. The 2010 Federal Poverty Level for one person was an annual income of \$10,830 or less. Based on a formula that takes income and health care expenses into account, some clients make a monthly co-payment for ESP services.

Clients with a co-payment*	23%
Clients with annual incomes at or below \$21,660:	76%
Clients with annual incomes above \$21,660:	21%
Average monthly income of clients:	\$1,436
Average monthly out-of-pocket medical costs per client:	\$309

**Co-payment data excludes clients receiving only home-delivered meals (74 clients) because no co-payment is required for this service. However some clients may make a voluntary donation. Also home-delivered meals clients are not required to report their income.*



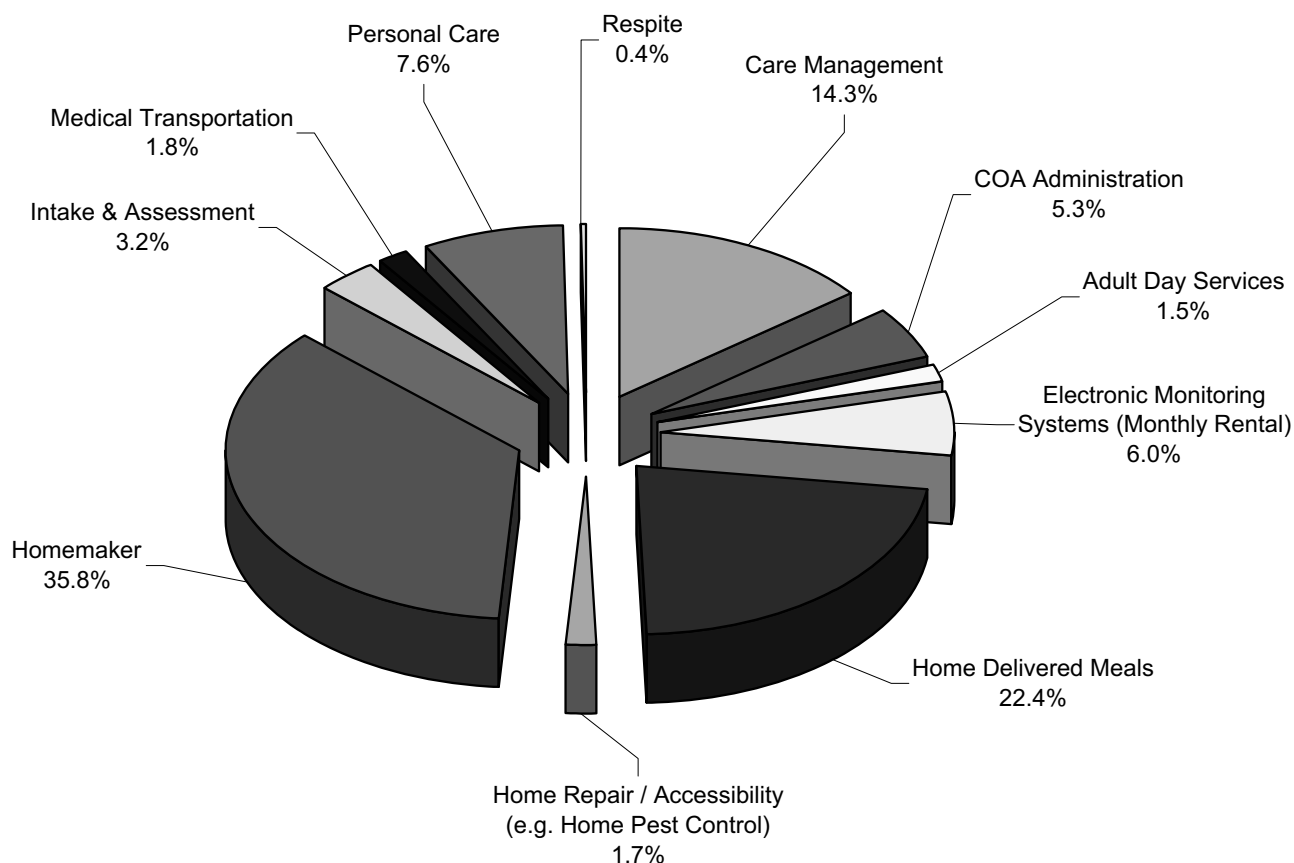
How Funds Are Used

Without the support of Clinton County taxpayers, the Elderly Services Program would not exist. Local tax dollars cover 85 percent of the total cost of the program. The remaining funding comes from federal, state and grant sources, client donations (requested, but not required, for home-delivered meals), and client co-payments (about 23 percent of clients qualify for a co-payment, based on their income and medical expenses).

The table on page 9 shows the number of clients who received each type of service, the number of service units they received (hours, trips, etc.) and the total cost for those units. The chart below shows that our three greatest expenses are for homemaking, home-delivered meals, and care management. ESP is not a one-size-fits-all program. It is flexible in order to provide the right services, in the right amounts, at the right times.

Provider agencies (see list, page 12) deliver these services under contract with Council on Aging of Southwestern Ohio (COA). COA handles contracting, program policy development, financial administration, information technology, quality improvement, communications, data collection and analysis. As southwestern Ohio's Area Agency on Aging, COA is charged with identifying, planning, facilitating and monitoring services to improve quality of life for older adults, including those living in Clinton County.

Program Expenses January 1 - December 31, 2010



**Some services were consolidated for formatting purposes. Detailed expense information for each service can be found in the chart on page 9.*

How Funds Are Used

EXPENSES			
Service	Clients Served	Service Units	Cost
Emergency Response System Monthly Rental	338	3,250 months of rentals	\$70,690
Homemaker	267	19,099 hours	\$531,787
Home-delivered Meals	225	45,809 meals	\$332,115
Home Medical Equipment	66	82 equipment items	\$18,936
Personal Care	63	4,335 hours	\$113,157
Home Safety Modification	22	23 repairs	\$21,985
Medical Transportation	21	747 trips	\$26,801
Adult Day Service	10	439 days	\$20,824
Respite	7	252 hours	\$6,097
Adult Day Service Transportation	6	1,073 miles	\$1,603
Environmental Services (pest/waste removal)	3	32 jobs	\$2,875
Care Management	517	N/A	\$212,572
Intake and Assessment	N/A	N/A	\$46,865
Administration	N/A	N/A	\$78,036
TOTAL EXPENSES	517		\$1,484,343
REVENUE			
Federal and State			\$184,895
Client Donation			\$13,481
Client Co- Payment			\$20,683
Clinton County Elderly Services Levy			\$1,265,284
TOTAL REVENUE			\$1,484,343

Where Clients Live

<i>Jurisdiction</i>	<i>Clients Served</i>	<i>Jurisdiction</i>	<i>Clients Served</i>
Union Township	180	Chester Township	13
Wilmington	106	Clark Township	12
Marion Township	42	Jefferson Township	11
Richland Township	26	Washington Township	11
Blanchester	25	Adams Township	9
Green Township	22	Liberty Township	8
Vernon Township	19	Other	15
Sabina	18		
Total Clients Served: 517			

State of Aging in Clinton County

Over 16 percent of Clinton County's residents are age 60 or older. This places Clinton County 69th among Ohio's 88 counties in the proportion of its residents who are age 60+. **The Scripps Center for Gerontology projects that Clinton County's older adult population will increase by 74 percent within the next decade.**

Most older adults will be relatively healthy well into their 70s and many, well beyond that. But the "oldest old" - those age 85 and older - are the fastest growing portion of the 60+ population. They are more likely to be disabled and need care. **Scripps projects that by 2020, more than 2,587 Clinton County residents will be moderately to severely disabled.**

The most cost-effective place for them to receive long-term care is within their own homes. Medicare covers only short-term rehabilitation in the home for up to 90 days. Some will be able to pay for private care; some will get all the help they need from their families; some will qualify for PASSPORT (the in-home care program for the poor); and some will be caught in the middle. It's the middle group that is served by Clinton County Elderly Services Program.

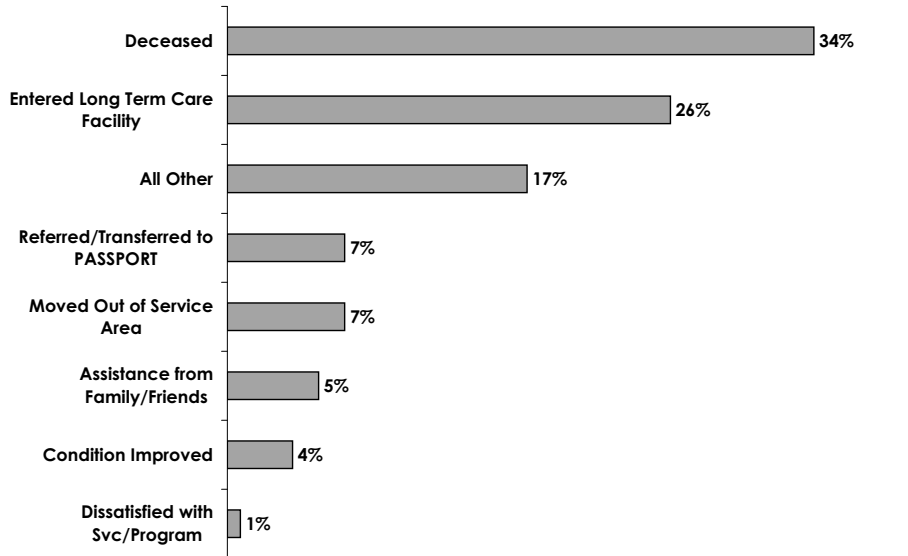
This is a large group. Most are people with modest resources. Many of the long-lived will deplete their assets as they age. **According to Scripps, more than 36 percent of Clinton, Fayette and Highland county residents age 60+ live below or near the federal poverty level (2010 - \$10,830/year for one person).**

While age and disability are increasing, the number of potential caregivers has been decreasing. While family and friends will continue to provide long-term care, families today are smaller, more spread out, and often unable to provide the level of care needed by their aging loved ones.

Clinton County is fortunate to have a program that goes a long way toward meeting the community need to help people of modest means with compassionate, cost-effective home-based care.

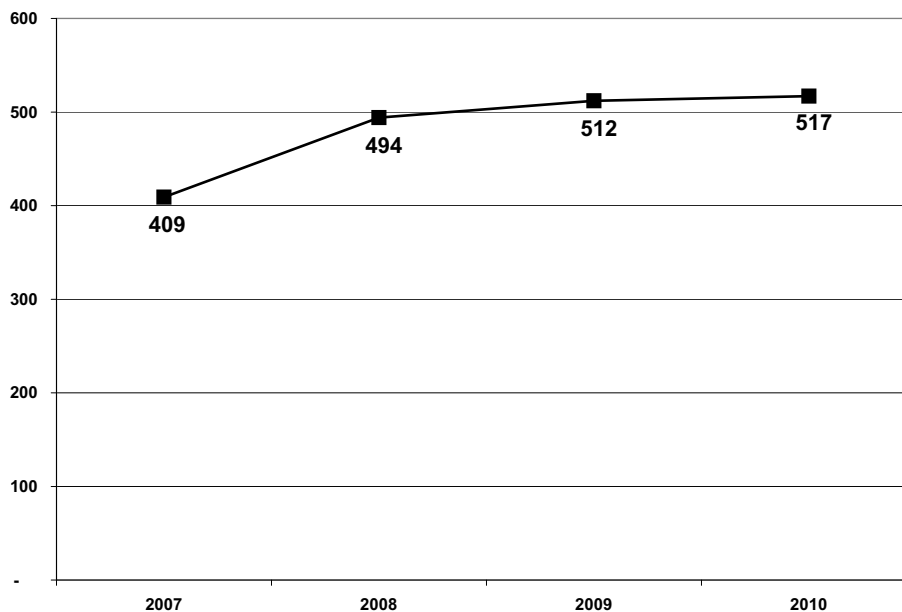
Reasons Why Clients Leave

We are proud of the fact that only a tiny fraction of ESP clients leave because they are dissatisfied with the program. More than one-fourth of our clients remain on the program until they die. About 37 percent leave the program because their health changes - either improving or deteriorating and requiring more intensive services, perhaps through PASSPORT or in a nursing facility. ESP clients may move on and off the program as their needs change, but on average they remain on the program approximately two years.



**“All Other” may include reasons such as declined to accept services and no longer eligible.

Number of Clients Served*



*Clinton County ESP does not have enough resources to serve all the community need. A waiting list of 100 people existed before the most recent levy passed in 2007. With the new levy, the program was able to grow gradually for nearly two years, but had to start a waiting list again in September, 2009. The typical wait is about three to four months. There is no wait for Meals on Wheels.

Provider List*

Advanced Medical Equipment, Inc	Home First Non-Medical
All Gone Termite & Pest Control, Inc	Lifeline Systems Company
American Ramp	MedAdapt Ltd.
Assisted Care by Black Stone	Milt's Termite & Pest Control
Bathblest Renovations	Mullaney's Pharmacy & Home Health Care
Bernens Medical	Personal Touch Home Care of Ohio, Inc.
Charter Home Services	RHC
Clinton County Adult Day Center, Inc.	Rural/Metro Helpline
Clinton County Community Action Program	Safeway Safety Step
Colonial Community Services	Senior Independence
Comprehensive Health Care Services	SP Contracting
Deaconess Lifeline	Thermal-Shield, Inc
Derringer Company**	Trenton Heating & Air Conditioning, Inc.
Emerson Heating & Cooling Company	Tri-State Maintenance
Helping Hands Healthcare, Inc.	Valued Relationships, Inc. (VRI)

*Providers with a valid contract between 1/1/10 - 12/31/10.

**Derringer Company is a meals contractor for Council on Aging, but does not provide direct client services.



Answers on Aging



“The goal is for (Dad) to stay (in his home) for as long as he can. We couldn’t do it without the services – no way.”

~Tom, son and caregiver for his father, Robert, an ESP client (Photographed with members of the Wilmington Fire Department where Robert volunteered for 37 years and Tom currently volunteers)

Assistance. Advocacy. Answers on Aging.

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