

CLINTON COUNTY

Elderly Services Program



2011 Annual Report



Independence.



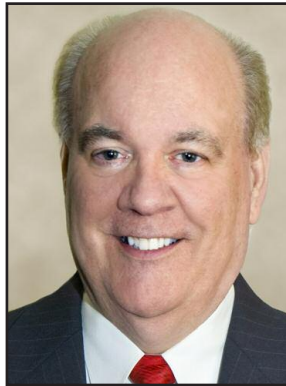
Dignity.



Peace of mind.

The Elderly Services Program is provided by:

Clinton County Commissioners



From left to right, Clinton County Commissioners (as of 12/31/11):
Mike Curry, Patrick Haley and Randy Riley

Editor's Note: Randy Riley stepped down as Clinton County Commissioner on Dec. 31, 2011 to serve as mayor of Wilmington. Kerry R. Steed was appointed county commissioner in March 2012 after winning the primary election.

Clinton County Citizens for Elderly Services (as of 12/31/11)

Dean Knapp, President

Trish Beach
Joan Burge
John Hosler
Kathi Spirk
Eli Yovich

Gene Breckel
Tim Hawk
Larry Roddy
Carol Weber

Program Administrator:

Intake and Care Management:



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Cincinnati, Ohio 45246
(513) 721-1025 (800) 252-0155
www.help4seniors.org



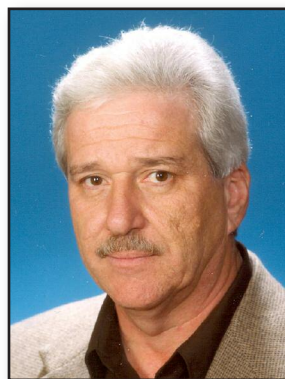
717 North Nelson Avenue
Wilmington, Ohio 45177
(937) 382-7170 or (937) 382-1848
www.clintoncap.org

Dear Friends,

On behalf of Clinton County Citizens for Elderly Services, Inc., it is my pleasure to present our 2011 Annual Report.

As I write this, the victory of the senior services tax levy in March, 2012, is still fresh in my mind. All of us who believe in the Clinton County Elderly Services Program were thrilled to see such a strong show of community support – the levy passed with nearly 76 percent of the vote.

Of course, it made a big difference that we kept the levy to a renewal, rather than seek an increase. The downside is that the program is at its capacity, given the funding available, and the waiting list we started in September 2009 will continue. We've been able to keep it to about 30 to 40 people, but the wait is three to four months. We have only two to three openings each month when people leave the program.



Dean Knapp

We know a waiting list can be hard on families. 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 2011, we served 494 Clinton County seniors with help they need to remain in their homes with independence and dignity – services such as 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.

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.

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

Clinton County Elderly Services Program
Helping older adults maintain independence in their homes

(937) 382-7170
(937) 382-1848

The Elderly Services Program

The Clinton County Elderly Services program 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 distributed by Council on Aging of Southwestern Ohio (COA) 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.

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 activities. Agencies contract with COA to provide in-home services such as housekeeping help, personal care (bathing and grooming) and transportation.

COA works with Clinton County Citizens for Elderly Services, a volunteer advisory council.

Clinton County Community Action Program, Inc. 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 with \$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 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 \$18,507 a year, from which she pays \$4,068 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. Her family helps, 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 Profile | Lucille

Wearing her blue bathrobe with the snowflake pattern, Lucille sits at the kitchen table enjoying her morning routine. Her daughter, Carolou, reads her the newspaper and helps her with breakfast.

The sun streams in through a bay window of the old, restored house in Blanchester, lighting up the kitchen table and a cabinet filled with the wood carvings – many of them Santa Claus figures – made by Lucille's son-in-law, Wade.

Despite her failing health and bouts of intense pain, Lucille is very glad to be right where she is. *“When you can't help yourself, it's bad,”* she said. *“But I've got every kind of help; they feed me, dress me, bathe me and are nice to me. I appreciate everything they do.”*

A longtime resident of Mason, Lucille, 98, worked in the information center at King's Island until her retirement at age 80. As her health started to decline, Carolou and Wade would visit weekly and find her lonely and with little food in the house.

So, in 2003, they decided to move her into their home. In June of that year, they also enrolled her in the Clinton County Elderly Services Program.

“We knew we needed help,” Carolou said. “We were both still working full time.” The two – both teachers – are now retired, but still active in education.

From Clinton ESP, Lucille receives housekeeping help three hours a week and help with bathing twice a week. Recently, as Lucille's cancer has progressed, a hospice nurse has been providing nursing care and help with bathing on the days the ESP aide is not there. Wade and Carolou handle everything else, with Wade doing most of the cooking.

“Lucille gets depressed sometimes because she thinks she's overburdening us,” Wade said. “I told her, ‘You know what? The worst thing is when you talk like that.’”

For Carolou and Wade, caregiving for older loved ones has been a tradition in their own families, so it seemed natural to take in Lucille.

“The goal is to keep her out of an institution,” Carolou said. “This has been the right thing for her quality of life. She's with family, her grandchildren come, she's comfortable. It's home and nothing can take the place of that.”

Lucille died of cancer in February 2012, about a month after this interview.



Independence. Dignity. Peace of mind.

Clinton County ESP Client Profile | Lora

Seated at the kitchen table of her small Blanchester home, Lora describes the “golden years,” years spent with her husband Harold, traveling the country and ministering with the Church of Christ.

The couple met at 19 when Lora’s brother, a student at Cincinnati Bible College, brought a friend home for a visit. “That started the big romance,” Lora chuckled. The couple met in August and married in September. “It must not have been too bad,” Lora said of their marriage; it lasted 61 years.

Lora and Harold hit the ground running, traveling the country working in the ministry. Lora grew up on a Kentucky dairy farm and reveled in the opportunity to attend college when she married Harold. After school, the couple landed first in Harold’s home state of Pennsylvania. Eventually, they ended up in Blanchester, where they helped establish a new church.



Lora and her brother, Junior.

Along the way, the couple had five boys, and in 1988, their family grew again when Lora and Harold took in Lora’s younger brother with mental disabilities, Junior. As their work in the church slowed down and health problems caught up with each of them, the family reached out to the Clinton County Elderly Services Program for help.

Since 1999, a year after the program was first approved by Clinton County voters, the Elderly Services Program has been there for Harold, Lora and Junior. Though Harold passed way about five years ago and Junior has since switched to PASSPORT (Ohio’s Medicaid in-home care program), Lora, 86, continues to receive services that enable her to live in her home and serve as guardian to her brother.

Lora’s emergency response necklace has been a particularly useful service. She is legally blind in one eye, and nearly blind in the other and uses a walker to move around the house. In a rush to answer the phone one day, she fell and couldn’t get up. Though she didn’t have to go to the hospital, she looked like she’d been in a pretty good fight. She cited speed as a factor in the accident and said, “I need to slow my car down.”

Lora still does some things around the house. She cooks breakfast and makes her bed. “I think I do exceptionally well. I don’t want to sit down and do nothing and I encourage Junior to keep moving, too.”

For most lunches and dinners, Lora relies on home-delivered meals. They are especially helpful on days after she has had dialysis and is too tired to cook. She also appreciates the local newspaper that comes with the meal.

Lora continued...

Lora's boys (four live in the area) are in touch with her everyday and help with transportation to church and to dialysis appointments three times a week. "In the old days, kids took care of their parents," Lora said appreciatively. "But now they have kids and their wives work. They do what they can to help out."

Without help from the Elderly Services Program, Lora said, *"There are a lot of things I would have to give up, maybe go to a nursing home, if I didn't have this help. This is the greatest thing they've done for the elderly. You don't think about getting old or being sick until it happens."*

Role of Council on Aging in the Clinton County Elderly Services Program

As administrator of the Elderly Services Program in Clinton County (as well as Butler, Hamilton and Warren counties), Council on Aging (COA) ensures that frail seniors receive the highest quality services at the lowest cost in order to serve as many seniors as possible with the tax dollars available.

COA's responsibilities include: program design and development, contracting and provider services, data analysis and reporting, financial services and oversight, information technology, quality improvement, and community engagement.

Through these services, COA is able to:

- Design and change programs to fit community needs and manage costs
- Keep costs down and quality up via competition and contract management
- Provide single points of access to information and resources
- Help service providers improve quality and efficiency
- Report program performance and trends to the public
- Ensure stewardship of taxpayer dollars
- Raise and sustain public awareness and confidence

Other services available through Council on Aging for Clinton County seniors

As the state-designated Area Agency on Aging, Council on Aging provides additional services besides the Elderly Services Program to Clinton County seniors and their families. These include:

Aging and Disability Resources Center – COA's call center and "front door" to services and community resources. Responded to nearly 24,000 requests for help for seniors in 2011. 800-252-0155 or www.help4seniors.org

Assisted Living Waiver – Intermediate level of care for low-income older adults. Served 6 Clinton County residents in FY 2011.

PASSPORT – In-home care for low-income adults age 60 and older. On average, PASSPORT is about one-third the cost of a nursing home. Served 136 Clinton County seniors in FY 2011, an increase of 12 percent over FY 2010.

Older Americans Act – Title III – COA administers this federal funding for senior centers and organizations who provide services such as transportation, congregate meals, caregiver support, legal help and wellness education.

HOME Grant – COA administers funds from the Ohio Department of Development that provide home repairs and accessibility upgrades to eligible seniors. Helped 28 Clinton County seniors in 2011.

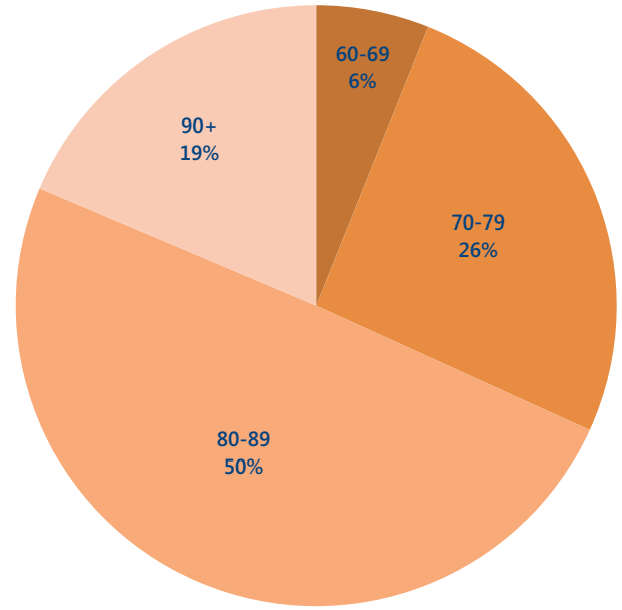
Elderly Services Program Client Profile

Our typical client is an 83-year-old disabled woman, living alone on a modest income. Total clients served in 2011: 494. Pages 8-9 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.

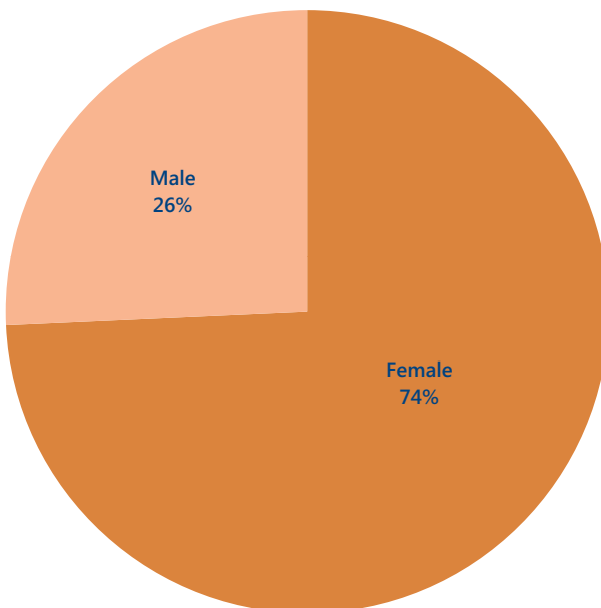
Age

The average age of the Clinton County ESP client in 2011 was 83 years old. Eligibility for the program starts at age 65, but clients may receive home-delivered meals starting 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	30
Age 70 – 79	127
Age 80 – 89	245
Age 90+	92

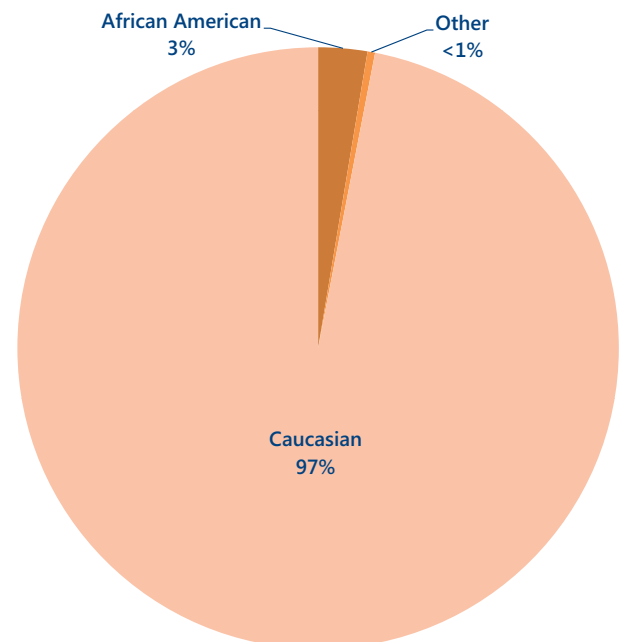


Gender



Female	367
Male	127

Race



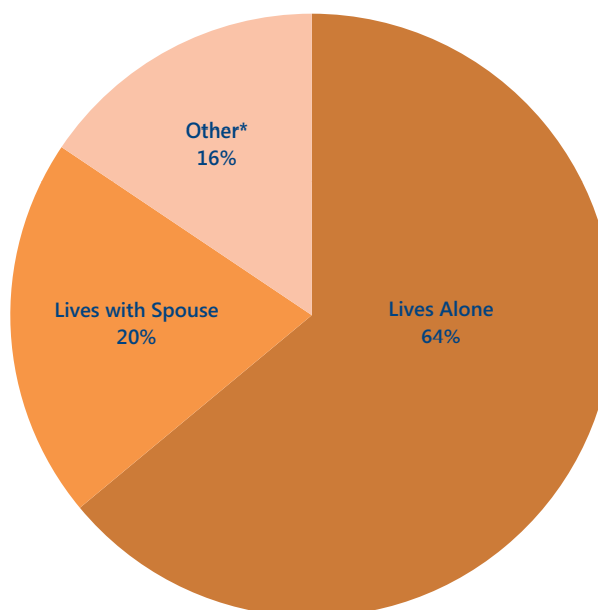
Caucasian	479	African American	13
Other Race	2		

Elderly Services Program 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.

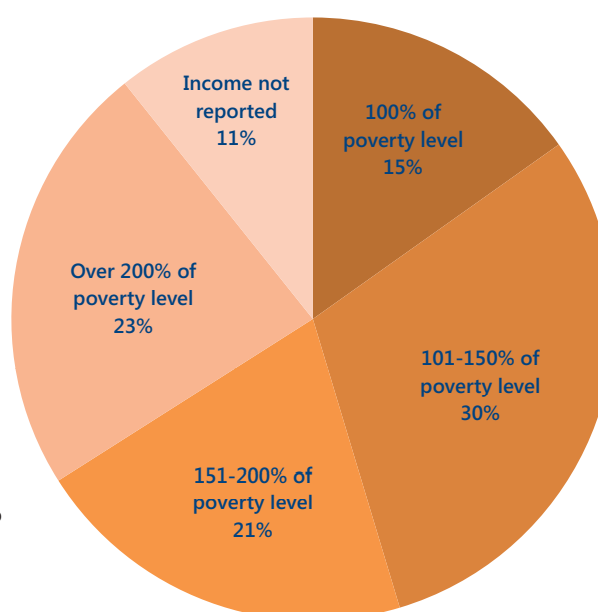
Lives Alone	316
Lives with Spouse	101
Other*	77



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

Income and Expenses

Most ESP clients have modest incomes. The 2011 Federal Poverty Level for one person was an annual income of \$10,890 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*: 26%

Clients with annual incomes at or below \$21,780**: 66%

Clients with annual incomes above \$21,780**: 23%

Average monthly income of clients*: \$1,505

Average monthly out-of-pocket medical costs per client: \$339

*Co-payment excludes 53 clients who receive only home-delivered meals (HDM only). No co-payment is required for this service, though some clients make a voluntary donation.

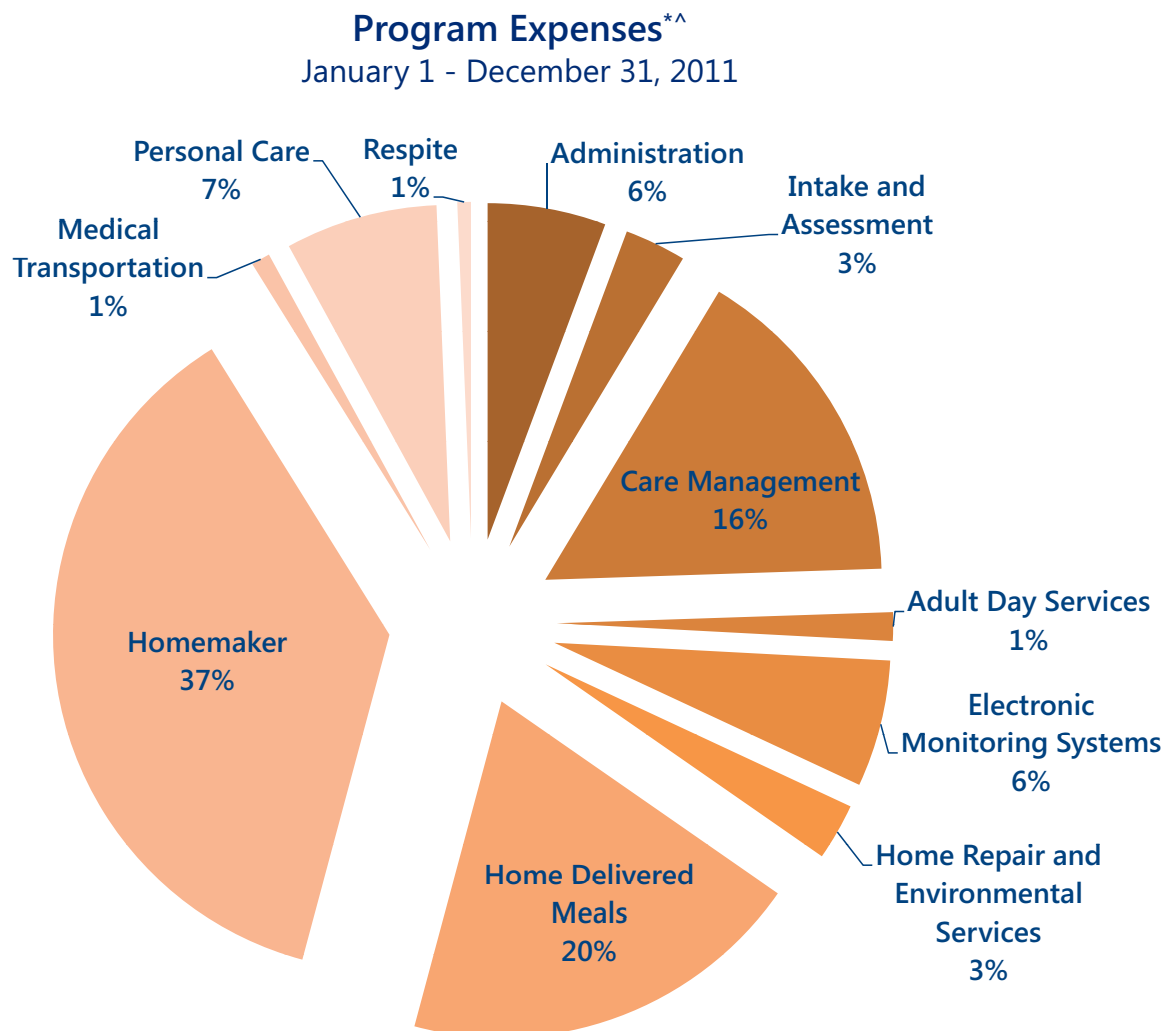
**Calculation includes HDM only clients who are not required to report income.

How Funds Are Used

Without the support of Clinton County taxpayers, the Elderly Services Program would not exist. Local tax dollars cover 88 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 26 percent of clients qualify for a co-payment, based on their income and medical expenses).

The table on page 11 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 14) deliver these services under contract with Council on Aging. 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.



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

^Total does not equal 100 due to rounding.

How Funds Are Used

Expenses			
Service	Clients Served	Service Units	Cost
Emergency Response System	344	3,266 <i>monthly rentals</i>	\$71,178
Homemaker	258	18,774 <i>hours</i>	\$523,586
Home Delivered Meals	191	37,493 <i>meals</i>	\$276,311
Personal Care	66	3,983 <i>hours</i>	\$103,578
Home Medical Equipment	57	80 <i>equipment items</i>	\$15,166
Minor Home Repairs	25	27 <i>repairs</i>	\$34,471
Medical Transportation	18	546 <i>trips</i>	\$12,802
Adult Day Service	8	375 <i>hours</i>	\$17,744
Respite	5	333 <i>hours</i>	\$9,211
Adult Day Transportation	4	750 <i>miles</i>	\$1,688
Environmental Services	4	46 <i>jobs</i>	\$4,170
Care Management	494	N/A	\$224,349
Intake and Assessment	N/A	N/A	\$41,813
Administration	N/A	N/A	\$80,500
Total Expenses			\$1,416,567
Revenue			
Federal and State			\$133,693
Client Donations			\$11,740
Client Co-payment			\$22,063
Clinton County Elderly Services Levy			\$1,249,071
Total Revenue			\$1,416,567

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Where Clients Live

Jurisdiction	Clients Served	Jurisdiction	Clients Served
Union Township	157	Sabina	16
Wilmington	132	Clark Township	12
Blanchester	34	Chester Township	11
Marion Township	31	Washington Township	11
Richland Township	21	Jefferson Township	9
Vernon Township	19	Liberty Township	9
Green Township	16	Other	16
Total			494

State of Aging | Clinton County

In just a few years – by 2015 – for the first time in US history, people age 65 and older will outnumber children under age five. This is just one of the many ways the aging of our population will affect society. We are already beginning to see those effects in Clinton County: **from 2000 to 2010, Clinton County's 65+ population increased by more than 15 percent, and one in four Clinton County households now includes at least one person who is 65 or older.** (Scripps Gerontology Center at Miami University and U.S. Census)

According to the 2010 census, **13.5 percent of Clinton County's population is 65 and older.** Looking at the population of people age 60 and older (the age at which eligibility begins for PASSPORT, the state's in-home care program for the poor), Scripps estimates that 17.9 percent of the county's population falls into this age group.

Though many older adults will be relatively healthy, the risk of disability (and need for care) increases with age. **The "oldest old" – those age 85 and older – are the fastest growing portion of the 65+ population. In Clinton County, this group grew 31.8 percent from 2000 to 2010.** (Scripps)

When help is needed, the most cost-effective place for older adults to receive long-term care is within their own homes. Medicare covers only short-term rehabilitation in the home. Some seniors will be able to pay for private care; some will get all the help they need from their families; some will qualify for PASSPORT; and some will be caught in the middle. It's the middle group that is served by Clinton County's Elderly Services Program.

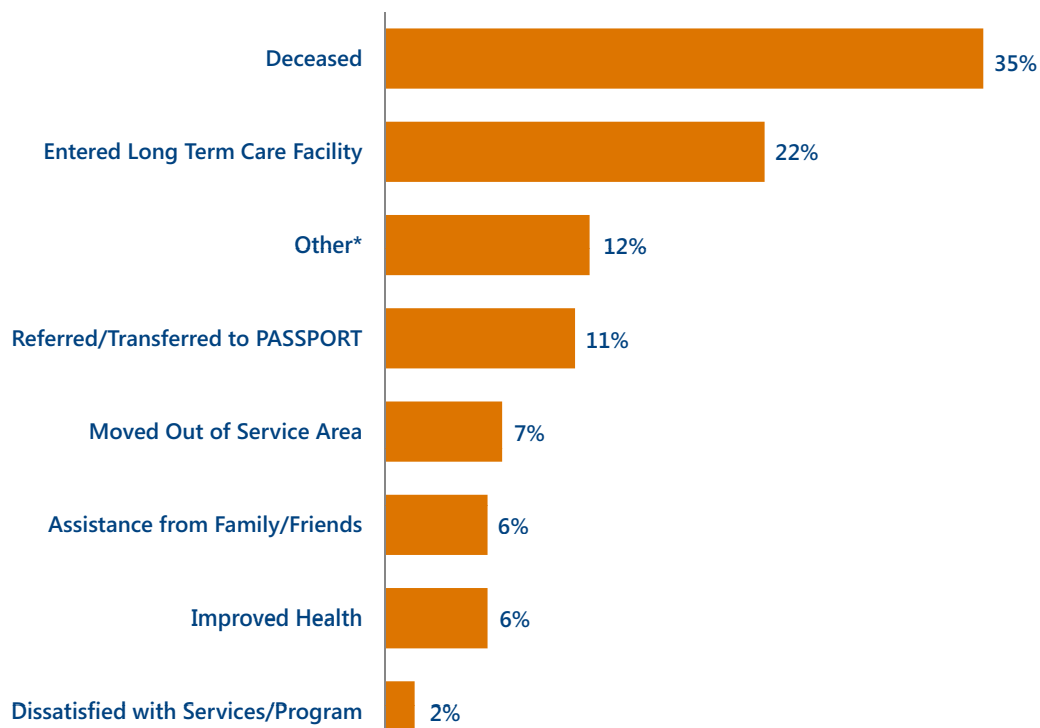
This is a large group. Most are people with modest resources. Many of the long-lived will deplete their assets as they age. According to census data, **nearly 26 percent of Clinton County's 65+ population live below or near the federal poverty level** (2011 - \$10,890/year for one person).

While age and disability are increasing, the number of potential caregivers has been decreasing. Family and friends will continue to provide long-term care, but 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

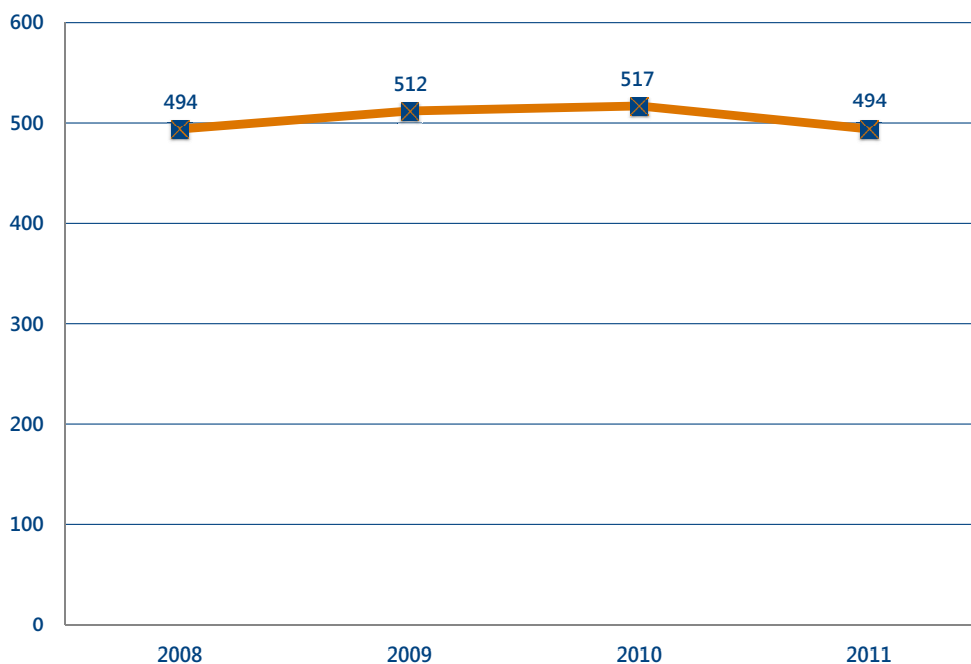
We are proud of the fact that only a tiny fraction of ESP clients leave because they are dissatisfied with the program. More than one third of our clients remain on the program until they die. About 39 percent leave the program because their health changes - either improving or deteriorating and requiring more intensive services, perhaps through PASSPORT or in a nursing facility.



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

Number of Clients Served

Due to funding limits, enrollment in the Clinton ESP has been purposely kept at an even level. Even with passage of the most recent levy in March, 2012 (a renewal), the program is at capacity. To keep growth and expenses in check, a waiting list that started in September, 2009, will continue. The typical wait is about three to four months. There is no wait for home-delivered meals.



Provider List*

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

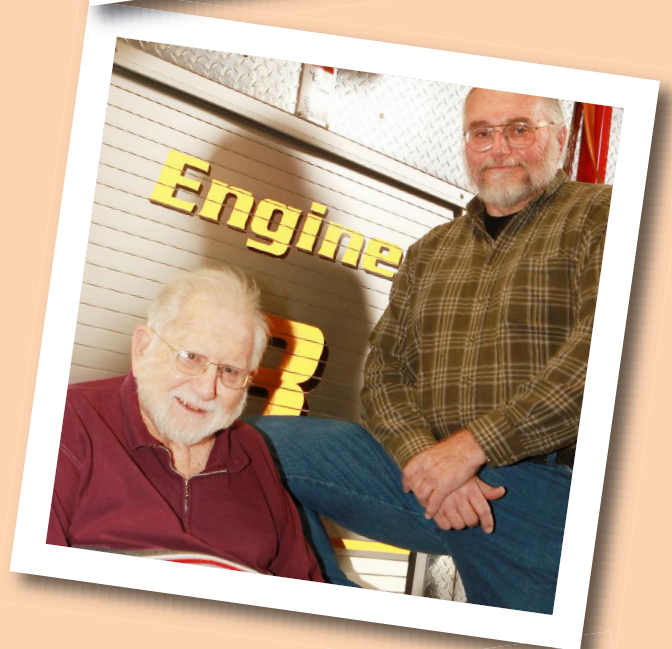
*Providers with a valid contract between 1/1/11 - 12/31/11.

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



“The goal is to keep her out of an institution,” Carolou said. “This has been the right thing for her quality of life. She’s with family, her grandchildren come, she’s comfortable. It’s home and nothing can take the place of that.”

~ Despite cancer and other serious health problems, Lucille was able to stay at home with her daughter, Carolou, and son-in-law, Wade, thanks to help from the Clinton County Elderly Services Program. Lucille passed away early in 2012.



Clinton County
Elderly Services Program
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