

# Clinton County

Elderly  
Services  
Program  
**Esp**

2008  
Annual Report





**“At first we hesitated to ask for help, but we realized this is no disgrace. If you need help, you need help.”**

~Ruth and Delbert, Clinton County Elderly Services Program

*Assistance*

***Dear Friends,***

On behalf of Clinton County Citizens for Elderly Services, Inc., it is my pleasure to present our 2008 Annual Report.

With passage of the senior services levy in November 2007, we were able to end a waiting list for our county's Elderly Services Program and increase enrollment in 2008. We're very grateful for this strong voter support because it allows us to do more to help disabled seniors in our community.

It did not take us long to eliminate the waiting list that had grown to more than 120 people. We were also able to open the program to new people and enrollment grew from 409 clients served in 2007 to 494 clients in 2008.



***John Hosler***

We're proud of these numbers because they mean seniors are getting services they need to help them remain in their homes with independence and dignity – services such as home-delivered meals, house-keeping 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 less than \$300 a month, per client. These services can delay or prevent nursing home placement, where the taxpayers' cost for Medicaid is at least \$4,800 a month.

As you know, Clinton County is struggling with the double whammy of hard economic times coupled with the decision by our major employer, DHL Express, to end its domestic freight business. Thousands have been thrown out of work at DHL and other local businesses and more is to come.

I do believe we will recover, but it will take a while and a lot of work. In the meantime, our seniors are suffering along with everyone else. With people unemployed and many moving away, the caregiver is becoming an endangered species.

I'm grateful, then, for the Elderly Services Program. We need it today more than ever. We pledge to continue to provide high-quality care, to be good stewards of the public's money, and to advocate for the older adults of Clinton County.

**John Hosler, President**  
**Clinton County Citizens for Elderly Services, Inc.**

**Clinton County Elderly Services Program**  
***Helping older adults maintain their independence 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 \$289 a month per client in Clinton County ESP, compared to \$4,800 a month for nursing home care.

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

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

Policy and oversight are provided by Clinton County Citizens for Elderly Services, Inc., a volunteer community board.

Clinton County Community Action Program, Inc. is responsible for assessing and enrolling clients as well as care management.

### **CLIENT STORY - Delpherine**



A self-described “collector’s nut,” Delpherine likes to relive her traveling days through her display of spoons, each one from a different state she visited while roaming the country in a mobile home with her family. Today, however, her mobility is not what it was and she’s content to stay in her home in Wilmington where she has lived for 32 years.

When she was working, Delpherine spent most of her days on her feet, first as a grocery clerk and later as a cafeteria cook. After undergoing a hip replacement, she now uses a cane, moves slowly and, as she puts it, “I don’t do steps at all.”

Still, she values her independence, and the Clinton County Elderly Services Program makes it possible. Before she became a client of the program, she had to venture down to her basement when she needed a shower, fearful all the while of falling.

“When I went down to the shower, I took the phone with me in case I would fall,” Delpherine laughed. “But it’s not a laughing matter.”

Through ESP, Delpherine received a bathroom safety upgrade which cut out a portion of her bathtub and installed a shower. Now she doesn’t have to use the shower in the basement and can step in and out of the tub safely. She kindly agrees to show other ESP clients how it works. Delpherine also has a lifeline from ESP in case of emergency.

Delpherine is proud of her cozy home and is grateful to be able to stay there. Her son and daughter live nearby and help whenever they can. She looks forward to having coffee with her daughter twice a week.

“It gets me out of bed,” she said, “especially on cold mornings. I’m going to stay here in my home till they have to carry me out!”

## Clinton County Elderly Services Program is provided by:

### Clinton County Commissioners



*From left to right, Clinton County Commissioners are: Mike Curry, Randy Riley and Dave Stewart.*

### Clinton County Citizens for Elderly Services, Inc. (as of 12/31/08)

John Hosler: *President*

Gene Breckel	Joan Burge	Tim Hawk
Dennis Humphreys	Dean Knapp	Larry Roddy
Donna Vandervort	Carol Weber	Eli Yovich

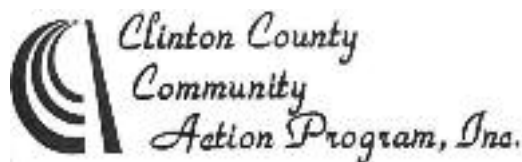
### Administration:



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](http://www.help4seniors.org)

### Intake and care management:



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

## *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, 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 \$1,401 month, from which she pays nearly \$298 in out-of-pocket medical costs.

Her income is too high to qualify for Medicaid, the government insurance program for the poor, but too low to allow her to hire in-home help.

Because of health problems, she can no longer do several 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.

**It costs \$289 a month per client in Clinton County's Elderly Services Program, compared to \$4,800 a month for nursing home care.**

## **CLIENT STORY - Ruth and Delbert**



*Ruth and Delbert with their Clinton County ESP care manager, Tammy*

Ruth and Delbert began their farming life in Sabina with \$100 in the bank. They worked hard until they could say things were going their way. They built the house of their dreams on 130 acres. In the evenings, they would ride around the farm's perimeter, look over the crops and feel that life was good.

Today, after 68 years of marriage, they're still in Sabina, but the farm is a bittersweet memory.

"Delbert's knees got bad and he had a tractor accident," Ruth said. "We began to see the writing on the wall."

So 16 years ago, the two held hands and cried as the farm was sold and they said good-bye.

Since then, both have had some serious health problems, including a heart attack and cancer. Ruth's eyesight is failing and Delbert can no longer hunt – even for the mushrooms he loves – but he can still tell stories about his adventures.

"At first we hesitated to ask for help, but we realized this is no disgrace," Ruth said. "If you need help, you need help."

From Clinton County ESP, Ruth and Delbert receive two hours of homemaking each week. They have also had safety upgrades: a rail and grab bars in their bathroom, and a handrail outside the front door.

"That's a whole bunch of help," Delbert said.

Ruth and Delbert enjoy friendships with their neighbors and are also thankful for their ESP care manager, Tammy, who Ruth says is a life saver.

"She sees that we have what we need," Ruth said. "We'd probably be out on the street without this program."



## Economic troubles affecting seniors



*More than 1,000 people lined up for free groceries in Wilmington from the international charity, Feed the Children. Photo by Gary Huffenberger, Wilmington News Journal*

Clinton County's economy is among the most troubled in the country. As if the national downturn weren't enough, the decision by DHL to end its domestic air freight hub in Wilmington threw thousands of people out of work. In turn, related businesses began to collapse or lay off employees.

People in and outside the community have mounted an energetic response, including creation of an Economic Task Force, job training and transition centers, a massive Feed the Children effort, and even projects modeled after the Peace Corps.

Still, it will be a long time before things turn around and a lot more hardship is still to come, says John Hosler. Hosler sees the struggles first hand in his role as director of the county's Department of Job and Family Services.

"I think we're seeing 25 percent of the people in the county who are now customers of ours in one way or another," he said.

In his other role as president of Clinton County Citizens for Elderly Services, Inc., Hosler is concerned about the effects of financial struggle on the area's seniors. Not only are they watching their retirement savings vanish, they're also losing the help and companionship of sons and daughters who may need to move away to find work.

"The caregiver is becoming an endangered species," Hosler said.

There are signs of hope, though, in the community's newfound energy to solve its problems, Hosler said. And federal funds are providing some relief in the form of efforts such as the Community Action Agency's greatly expanded home weatherization program.

"We haven't raised the white flag yet," Hosler said. "Lots of resources are being brought in. But these are still real hard times."



*On June 2, 2008, Margaret Horst (third from left, top row), district director for U.S. Rep. Michael Turner, visited the Wilmington Adult Day Care Center to meet seniors who were benefiting from the Elderly Services Program and other in-home care programs. The group told Ms. Horst how much they appreciated being at home with services instead of in a nursing facility and how much they enjoyed the adult day center. Also pictured are Adult Day Center staff member Trish Maddock (top, left), Adult Day Center Director Donna Vandervort (top row, fourth from left), and COA PASSPORT care manager Amy Hathorn (top row, fifth from left).*

## Clinton County ESP Client Profile

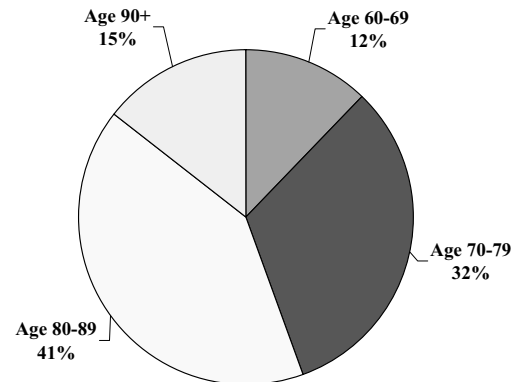
Our typical client is an 80-year-old disabled woman, living alone on a modest income. Total clients served in 2008: 494. Pages 6-7 show the detail of our client demographics. Client totals on these pages may vary due to different data reporting requirements in each demographic category.

### Age

The average age of the Clinton County ESP client in 2008 was 80 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 65 who have dementia, including Alzheimer's disease.

Age 60 – 69	60
Age 70 – 79	159
Age 80 – 89	203
Age 90+	72

### Age

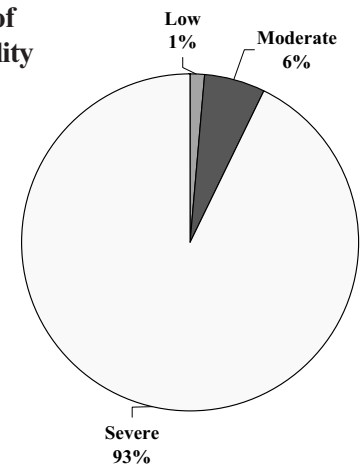


### Level of Disability

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.

Low Disability	7
Moderate Disability	28
Severe Disability	459

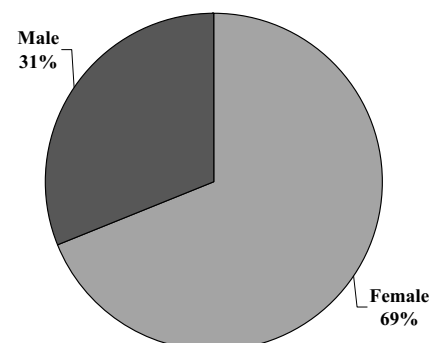
### Level of Disability



### Gender

Male	154
Female	340

### Gender





## Clinton County ESP Client Profile

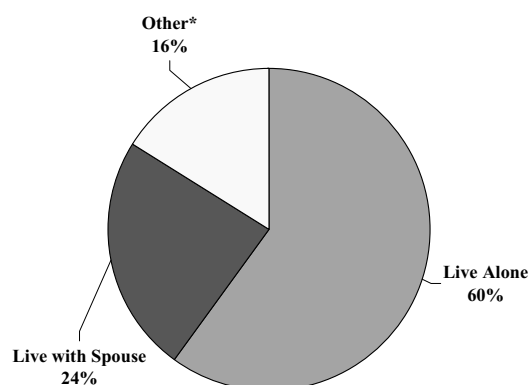
### Living Arrangements

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.

Live with spouse	118
Live alone	296
Other*	80

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

### Living Arrangements



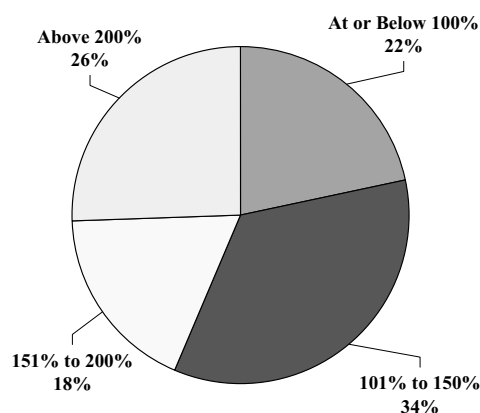
### Income and Expenses

According to federal standards, most ESP clients live at or near poverty. The 2008 Federal Poverty Level for one person was \$10,400 a year. Based on a formula that takes income and health care expenses into account, some clients make a monthly co-payment.

Clients with annual incomes at or below \$20,800:	74%
Clients with annual incomes above \$20,800:	26%
Average monthly income of clients:	\$1,401
Average monthly out-of-pocket medical costs per client:	\$298
Clients with a co-payment:	24%

\*Co-payment data excludes clients receiving only home-delivered meals (50 clients) because no co-payment is required for this service. However, some clients may make a voluntary donation.

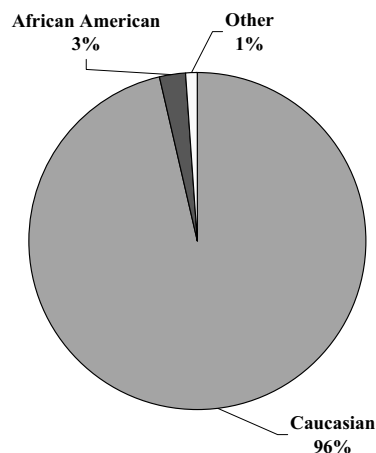
### Percent of 2008 Federal Poverty Level



### Race

Caucasian	476
African American	13
Other	5

### Race



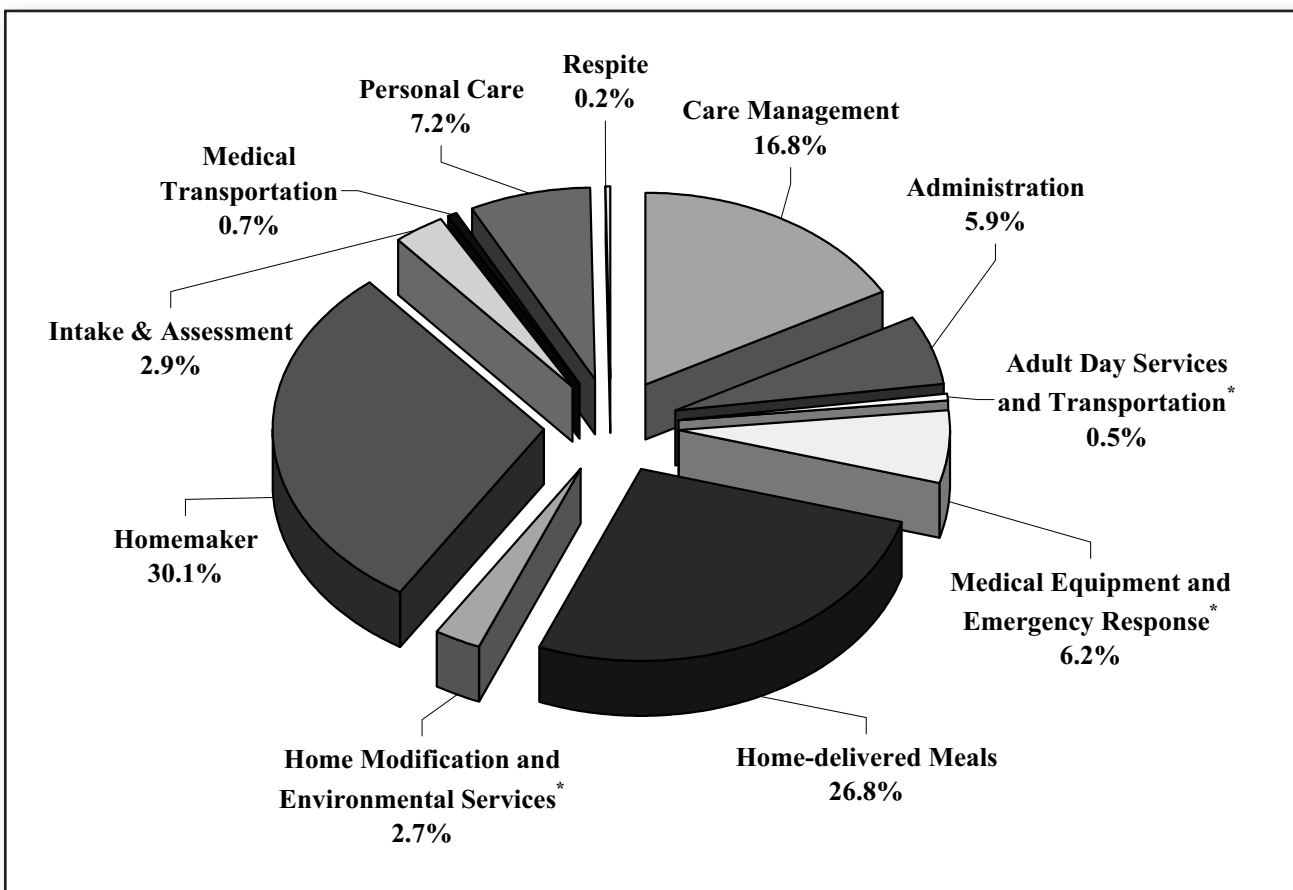
## How Funds Are Used

Without the support of Clinton County taxpayers, the Elderly Services Program would not exist. Local tax dollars cover nearly 90 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 24 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, 2008



*\*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			
<i>Service</i>	<i>Clients Served</i>	<i>Service Units</i>	<i>Cost</i>
Emergency Response System Monthly Rental	310	2,770 months of rentals	\$60,314
Home-delivered Meals	253	47,936 meals	\$331,564
Homemaker	246	13,647 hours	\$372,341
Home Medical Equipment	74	95 equipment items	\$16,475
Personal Care	58	3,418 hours	\$88,576
Home Safety Modification	24	27 repairs	\$31,273
Medical Transportation	18	330 trips	\$8,575
Environmental Services (Pest Control)	7	20 jobs	\$1,760
Adult Day Services	3	193 days	\$5,106
Adult Day Services Transportation	3	318 miles	\$556
Respite	1	95 hours	\$2,977
Care Management	494	N/A	\$208,310
Intake and Assessment	N/A	N/A	\$36,048
Administration	N/A	N/A	\$73,558
<b>TOTAL EXPENSES</b>	<b>494</b>		<b>\$1,237,433</b>
REVENUE			
Federal, State and Other			\$114,777
Client Donation			\$9,579
Client Co-Payment			\$18,054
Clinton County Elderly Services Levy			\$1,095,023
<b>TOTAL REVENUE</b>			<b>\$1,237,433</b>

## Where Clients Live

<i>Jurisdiction</i>	<i>Number Served</i>	<i>Jurisdiction</i>	<i>Number Served</i>
Adams Township	12	Richland Township	30
Blanchester	21	Sabina	13
Chester Township	9	Union Township	167
Clark Township	13	Vernon Township	26
Green Township	22	Washington Township	11
Jefferson Township	9	Wilmington City	81
Liberty Township	9	Other	27
Marion Township	44		
Total Clients Served: 494			

### *State of Aging in Clinton County*

Over 16 percent of Clinton County's residents are age 60 or older. This places Clinton County 69<sup>th</sup> 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 11 years.**

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.

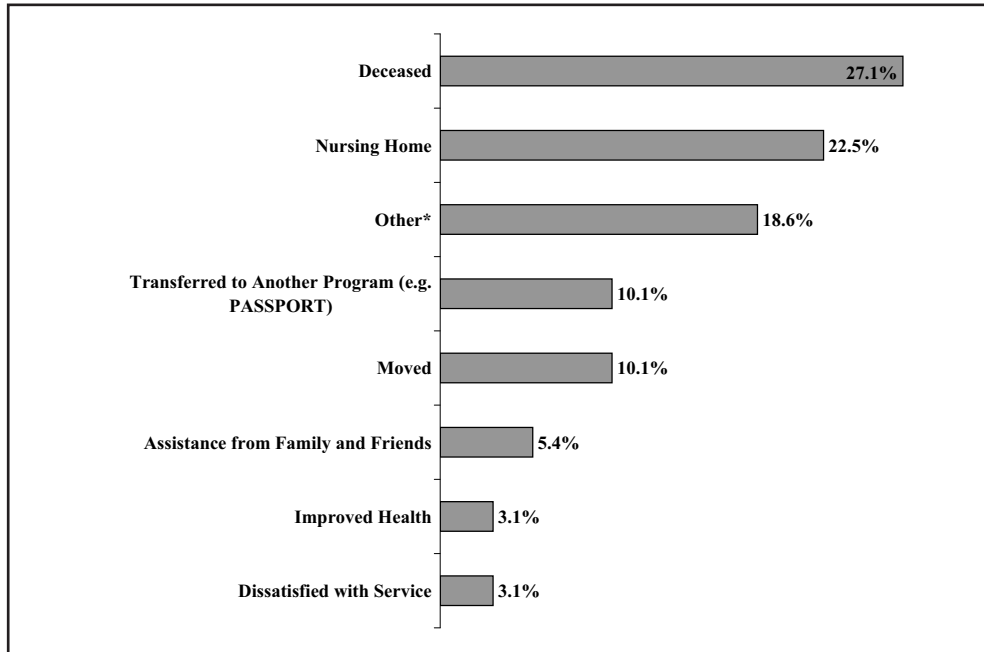
This is a large group. Most are people with modest resources. Many of the long-lived will deplete their assets as they age. **According to Scripps, more than 36 percent of Clinton, Fayette and Highland county residents age 60+ live below or near the federal poverty level (2008 - \$10,400/year for one person).**

While age and disability are increasing, we're seeing a decrease in the number of potential caregivers. The ratio of potential caregivers to older adults has declined from 21 to 1 in 1970 to a projected 10 to 1 by 2010. Family and friends will continue to provide most 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.

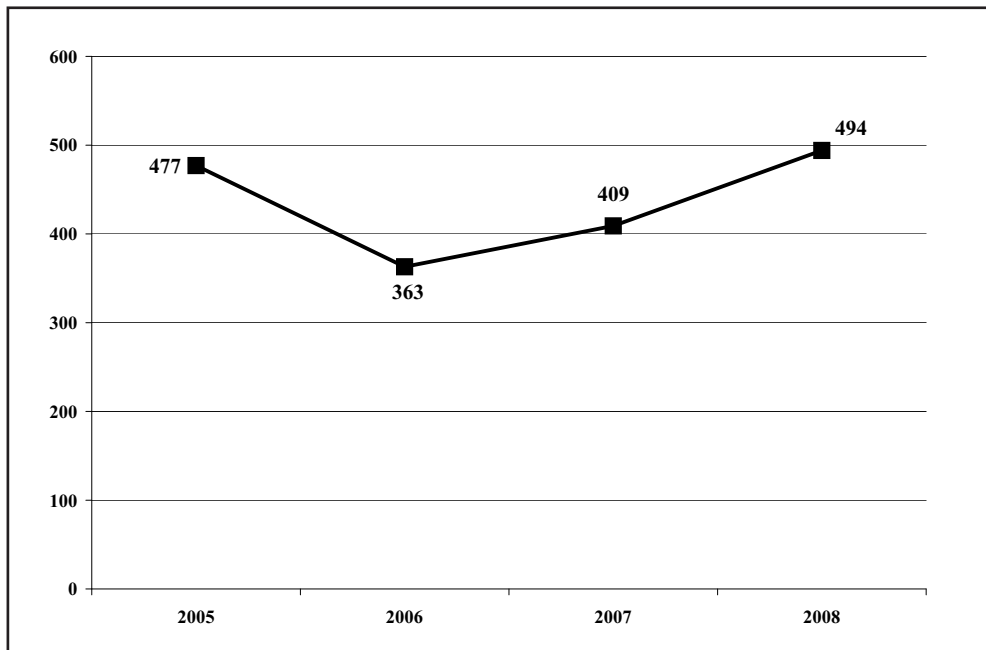
## Reasons Why Clients Leave

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-fourth of our clients remain on the program until they die. About 36 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. The average length of stay on ESP is 40 months.



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

## Number of Clients Served\*



\*Due to insufficient funding, the Elderly Services Program had a waiting list from 2005 until Jan. 2008. At the end of 2007, there were approximately 100 people waiting for services. In 2007, through managed enrollment, we re-opened the home-delivered meals portion of the program, which allowed for slight growth. Since passage of the levy in November 2007, the program has been able to serve more seniors in Clinton County.



## Provider List

Advanced Medical Equipment, Inc.  
All Gone Termite & Pest Control  
American Ramp Systems  
Bathblest Renovations  
Bernens Medical  
Black Stone healthcare  
Charter Home Services  
Clinton County Adult Day Center, Inc.  
Clinton County Community Action Program, Inc.  
Comfort Keepers #172  
Deaconess Lifeline  
Edenvue  
Emerson Heating & Cooling Company  
First Choice Medical Staffing of Ohio, Inc.  
Guardian Medical Monitoring  
Helping Hands Healthcare, Inc.  
Home Care Network, Inc.  
Home First

International Quality Healthcare Corp.  
Lifeline Systems Company  
Meda-Care Transportation, Inc.  
MedAdapt LTD  
Milt's Termite & Pest Control  
Mullaney's Pharmacy & Home Health Care  
Personal Touch Home Care of Ohio, Inc.  
Response Ability Systems, Inc.  
Rural/Metro Helpline  
S.M.S. Inc.  
Safeway Safety Step, Inc.  
Senior Independence  
SP Contracting  
Thermal-Shield, Inc.  
Tri State Maintenance  
Universal Transportation Systems (UTS)  
V&N Services, Inc.  
Valued Relationships, Inc. (VRI)



# *Answers on Aging*



**“I’m going to stay here till they have to carry me out!”**

~ Delpherine with her Clinton County Elderly Services Program  
care manager, Brenda

*Assistance. Advocacy. Answers on Aging.*

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