

# Local Leaders in Community Living

## Area Agencies on Aging

The **N.C. Aging Network** has provided programs and services to seniors, caregivers and individuals with disabilities for over **40 years**. **Area Agencies on Aging (AAAs)** have an enduring relationship with long-term care facilities to ensure resident rights and enhance resident benefits. This network operates in all **100 counties** to support individuals across the continuum of care from the very well to the very frail in the community and in long-term care facilities. The **N.C. Aging Network** wants to complement its services with additional resources from **healthcare partners and others** for improved population management.



North Carolina Association of Area Agencies on Aging

advocacy | action | answers on aging

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PIEDMONT TRIAD REGIONAL COUNCIL  
AREA AGENCY ON AGING

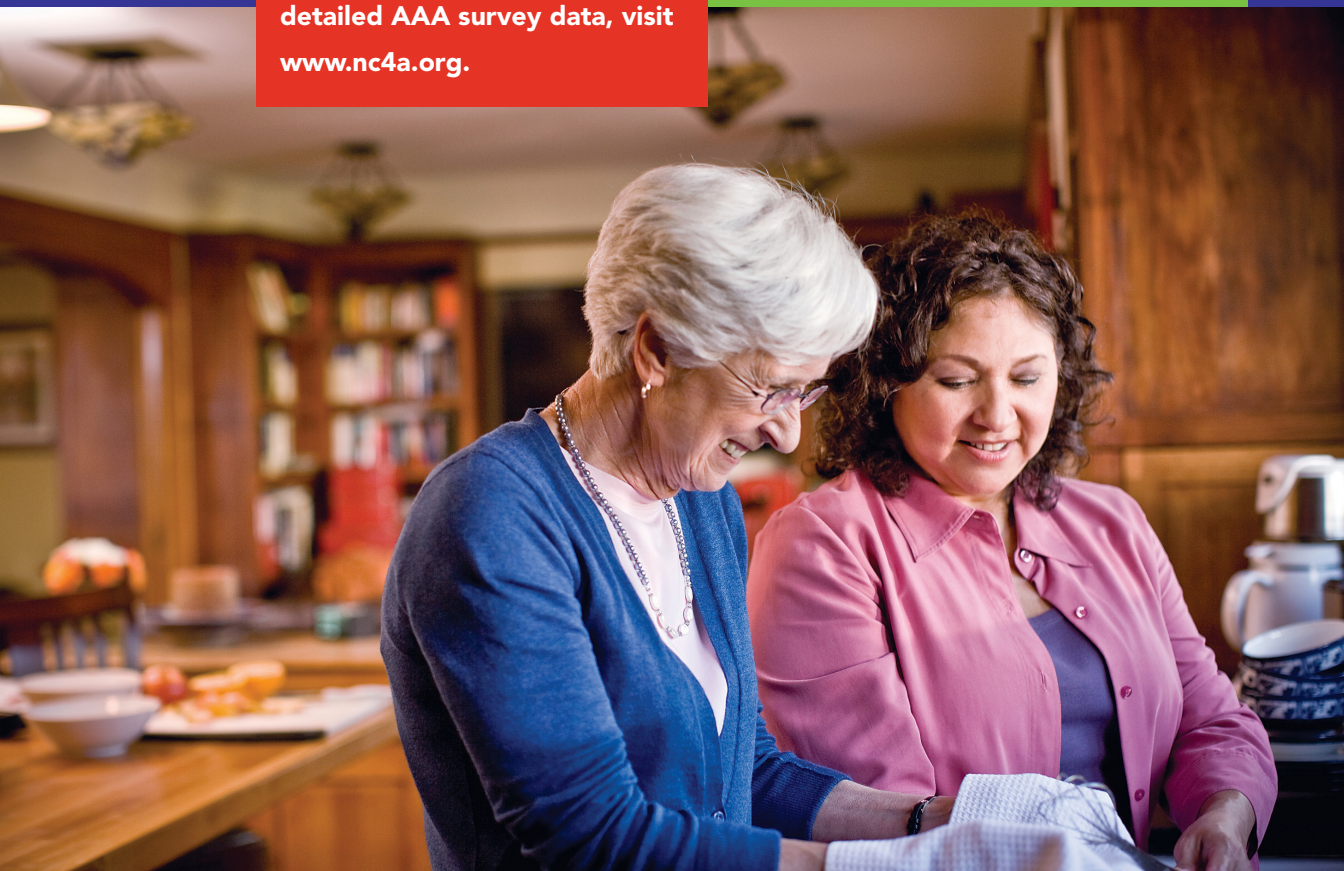
## **nc4a's primary mission**

is to build capacity and coordinate the activities of the 16 Area Agencies on Aging (AAAs) in North Carolina. AAAs are charged with helping older adults and people with disabilities, along with their caregivers, live in their communities in the least restrictive environment with maximum dignity and independence for as long as possible.

For more information, including detailed AAA survey data, visit [www.nc4a.org](http://www.nc4a.org).

## **This report features**

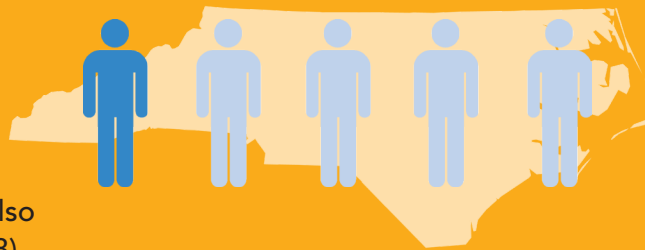
an overview of the latest data gathered from AAAs statewide to provide a snapshot of the evolving role these vital agencies play in the planning, development, coordination and delivery of aging and other home and community-based services in nearly every community of North Carolina.



# An Aging State

- Over the next two decades the proportion of the N.C. population over age 60 will dramatically increase as the baby boomers reach this milestone.
- By 2030, almost 3 million North Carolinians will be 60 and older, more than double the number in 2000.
- The population over age 60 will also outnumber children (under age 18) in 95 out of 100 counties.<sup>1</sup>

By 2030, **1 in 5** North Carolinians will be 65 or older.



Just as this demographic shift occurs, there will be a corresponding increase in the need and demand for fiscal health, physical health and social supports to ensure a sound quality of life for millions of older North Carolinians.



**90%**  
of adults age  
65 and older say  
they hope to stay  
in their homes  
for as long as  
possible.<sup>2</sup>

But to do so, many people will eventually need some level of service or support to live safely and successfully in their home or community.

We know that the aging of our state's population will challenge federal entitlement programs, such as Social Security, Medicare and Medicaid, but there is less awareness that this shift will also significantly increase demand for **Home and Community-Based Services (HCBS)**, like those offered by Area Agencies on Aging (AAAs).

**Because HCBS costs a fraction of the cost of institutional care options** like nursing homes and skilled care facilities, bringing services to people where they live helps them save their own and government dollars, making this a more sensible approach from a fiscal and human perspective.

AAAs play a critical role in ensuring the development of **Home and Community-Based Services (HCBS)** in every community! Here's how they do it ...

<sup>1</sup> N.C. State Demographer, N.C. Population by Age (2030-2034), October 2014, [http://www.osbm.state.nc.us/demog/countytotals\\_agegroup\\_2030.html](http://www.osbm.state.nc.us/demog/countytotals_agegroup_2030.html).

<sup>2</sup> AARP, A State Survey of Livability Promises and Practices, December 2011, <http://assets.aarp.org/rgcenter/ppi/liv-com/ib190.pdf>.

# Historical Basis for AAAs

AAAs, formally established in the 1973 Older Americans Act (**OAA**), are charged with helping vulnerable older adults live with independence and dignity in their homes and communities. The Administration for Community Living (**ACL**) is the federal agency that oversees OAA funding. The 16 AAAs in the state are united by the North Carolina Association of Area Agencies on Aging (**nc4a**). They are members of a southeastern association as well as a national association.



All AAAs play a key role in:

**Planning**

**Developing**

**Coordinating**

**Delivering**

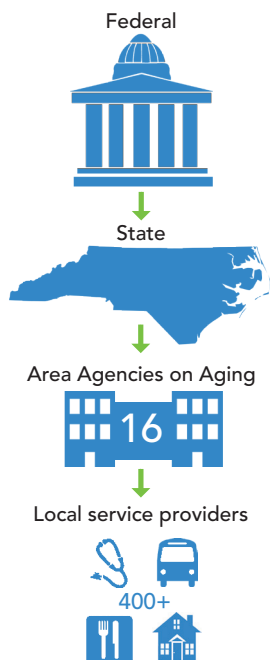
**A WIDE RANGE OF LONG-TERM SERVICES AND SUPPORTS**  
to consumers in their local planning and service area

The Older Americans Act (OAA) was intentionally designed to mandate that AAAs use the flexibility granted by the Act to ensure that local needs and preferences are taken into consideration and that the resulting local delivery system is tailored to the community.





## Funding and Coordination of the N.C. Aging Network



After getting input from consumers, service partners and other interested stakeholders, **the AAA develops an Area Plan** outlining needs and proposed recommendations, then updates it every year to reflect emerging and current trends. The **N.C. Division of Aging and Adult Services** is a valued partner, assisting AAAs in implementing their area plans and providing technical assistance.

AAAs are also tasked by the **Older Americans Act (OAA)** to serve as advocates for older adults, enabling the agency's leaders to engage on local and state issues beyond the programs and services they fund or deliver.

**AAAs contract with local service partners** to deliver many direct services, such as meals, transportation and in-home services. AAAs also coordinate and deliver services such as the regional long-term care ombudsman program, information and options counseling, care management, benefits/health insurance counseling, evidence-based health promotion programs and family caregiver support programs.

# Statewide Network

All 16 North Carolina AAAs are housed within Regional Councils of Government – voluntary associations of local governments that promote regional issues and provide planning and technical assistance to their members. Close connections with other departments in the same regional agency allow AAAs to add value to their own programs and services. Across the state, regional councils offer services such as:



Workforce  
Development



Weatherization  
Assistance



Data &  
Mapping



Planning  
Assistance



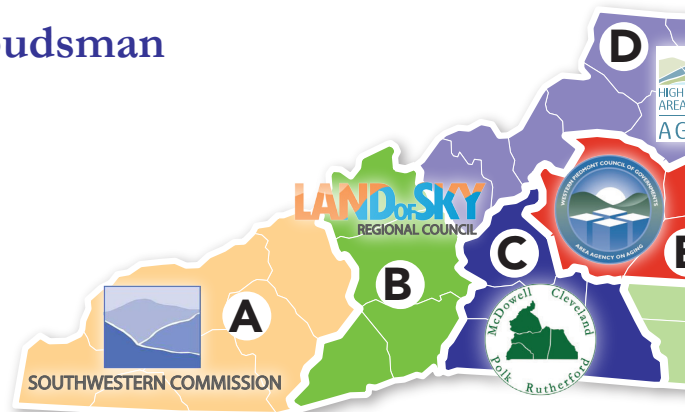
Housing  
Resources

## AAA Long-Term Care Ombudsman

**serve as advocates** for residents in skilled nursing facilities, nursing homes and assisted living facilities;

**investigate complaints** made by or on behalf of long-term care residents and work for their resolution; and

**promote** elder abuse awareness within the community and educate the public on long-term care issues.



## AAA roles include:

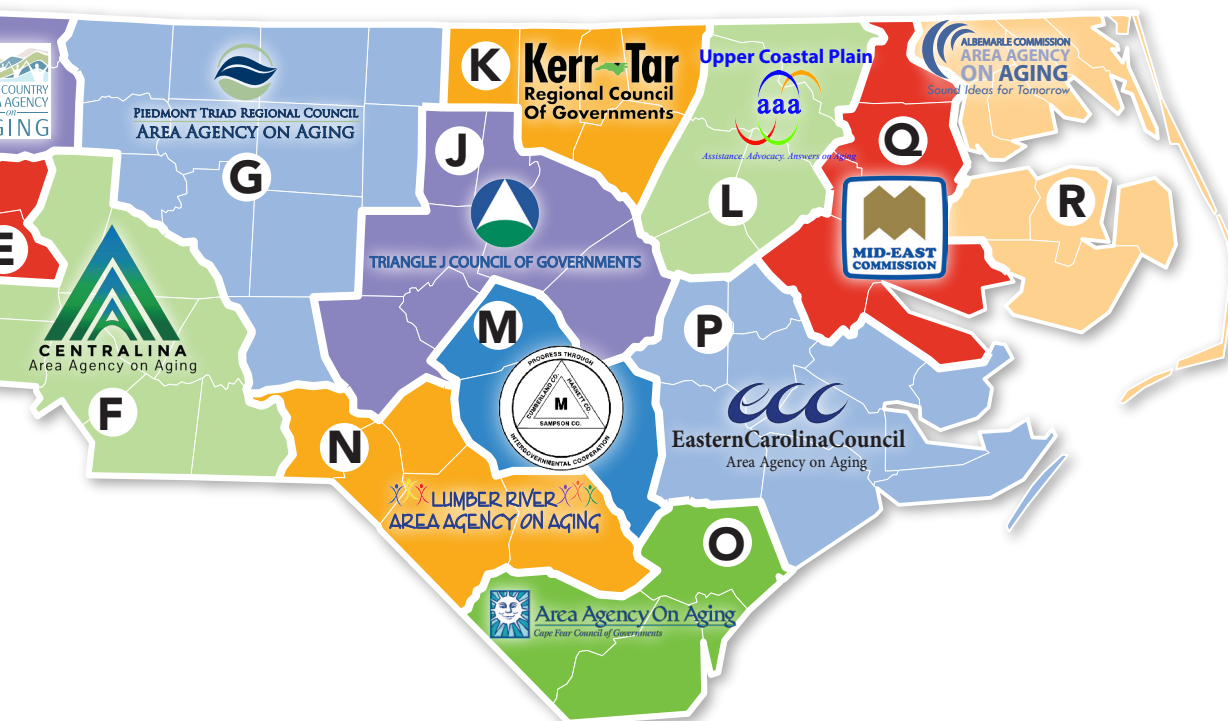
**assess community needs and develop and fund programs** that respond to those needs;

**educate and provide direct assistance** to consumers about available community resources for long-term services and supports;

**serve as portals to care** by assessing multiple service needs and monitoring the appropriateness and cost-effectiveness of services; and

**protect the public interest** by exercising responsible fiscal stewardship and maximizing consumer benefits through the use of both public and private funds.

A	Southwest Commission	828.586.1962	<a href="http://www.regiona.org">http://www.regiona.org</a>
B	Land of Sky Regional Council	828.251.6622	<a href="http://www.landofsky.org">http://www.landofsky.org</a>
C	Isothermal Planning & Development Commission	828.287.2281	<a href="http://www.regionc.org">http://www.regionc.org</a>
D	High Country Council of Governments	828.265.5434	<a href="http://www.regiond.org">http://www.regiond.org</a>
E	Western Piedmont Council of Governments	828.322.9191	<a href="http://www.wpcog.org">http://www.wpcog.org</a>
F	Centralina Council of Governments	704.372.2416	<a href="http://www.centralina.org">http://www.centralina.org</a>
G	Piedmont Triad Regional Council	336.904.0300	<a href="http://www.ptrc.org">http://www.ptrc.org</a>
J	Triangle J Council of Governments	919.558.2711	<a href="http://www.tjcog.org">http://www.tjcog.org</a>
K	Kerr-Tar Regional Council of Governments	252.436.2040	<a href="http://www.kerrtarcog.org">http://www.kerrtarcog.org</a>
L	Upper Coastal Plain Council of Governments	252.234.5952	<a href="http://www.ucpcog.org">http://www.ucpcog.org</a>
M	Mid-Carolina Council of Governments	910.323.4191	<a href="http://www.mccog.org">http://www.mccog.org</a>
N	Lumber River Council of Governments	910.618.5533	<a href="http://www.lrcog.org">http://www.lrcog.org</a>
O	Cape Fear Council of Governments	910.395.4553	<a href="http://www.capefearcog.org">http://www.capefearcog.org</a>
P	Eastern Carolina Council of Governments	252.638.3185	<a href="http://www.eccog.org">http://www.eccog.org</a>
Q	Mid-East Commission	252.946.8043	<a href="http://www.mideastcom.org">http://www.mideastcom.org</a>
R	Albemarle Commission	252.426.5753	<a href="http://www.albemarlecommission.org">http://www.albemarlecommission.org</a>



# AAAs Serve Communities

AAAs leverage federal Older Americans Act (OAA) dollars to expand the economic support and development of each community for Home and Community-Based Services (HCBS). The U.S. Administration on Aging estimates that for every \$1 of federal OAA investment, an additional \$3 is leveraged.



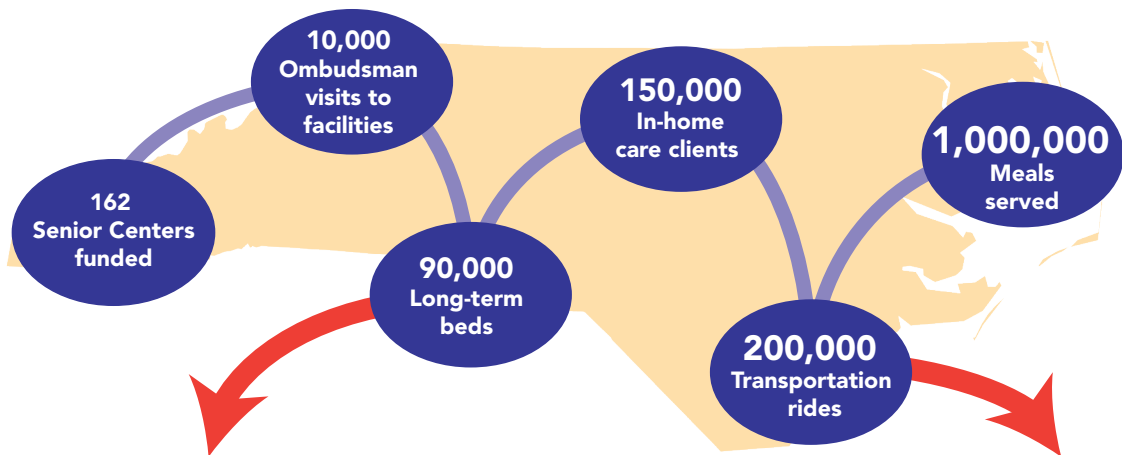
AAAs provide a variety of other programs such as:

<b>Local Contact Agency (LCA)</b> Provide options counseling to nursing home residents on community support options	<b>Senior Volunteer Programs</b>
<b>Regional Long-Term Care Ombudsman</b> Advocate for resident rights in skilled nursing facilities, nursing homes and assisted living facilities	<b>Senior Employment Programs</b>
<b>Administration of Home &amp; Community-Based Services</b> Home delivered meals, transportation, in-home aide, congregate nutrition, family caregiver support programs, adult day care	<b>Operation Fan/Heat Relief</b>
<b>Evidence-Based Health Promotion Programs</b> A Matter of Balance, Living Healthy, Chronic Disease Self-Management, Falls Prevention, Walk with Ease, Living Healthy with Diabetes	<b>Case Management</b>
	<b>Insurance &amp; Financial Counseling</b>
	<b>Home Improvements</b>





## Economic Impact Across the State



The N.C. Aging Network programs

- Reduce unnecessary hospital readmissions
- Reduce money spent on health care
- Save Medicaid dollars
- Increase the positive impact on population health

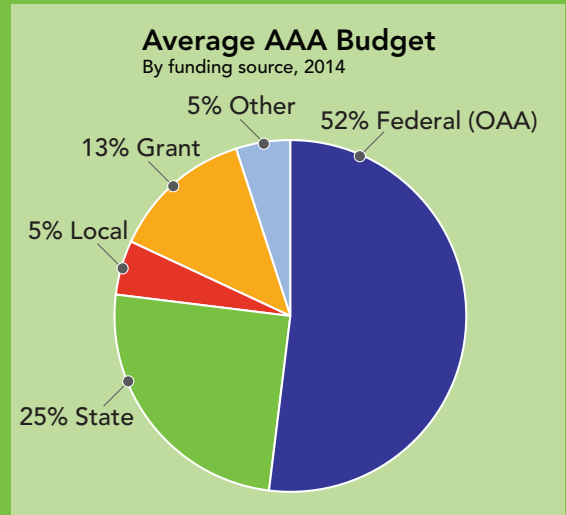
When social services are delivered in the community, more older adults

- Receive nutritious meals
- Get to their doctor's office
- Have access to health and fitness activities
- Live in a safe environment

# Structure & Funding Sources for AAAs

The Administration for Community Living (ACL) and the State of North Carolina provide funding for programming and administration of services. Counties and local agencies provide different amounts of local match based on the types of programs they offer.

Every AAA is guided by a Regional Advisory Council. Each county in the state has an Aging Planning Committee tasked to determine how to make the best use of the citizen's tax dollars in providing aging services.



## Partnerships

AAAs across the state partner with organizations to deliver direct services and programs. Partners include:

- N.C. Division of Aging and Adult Services
- County & City Governments
- Foundations
- Civic & Faith-based Organizations
- Hospitals
- Private Nonprofits
- Transportation Entities
- United Way

AAAs also partner with the **Senior Tar Heel Legislature** that advocates on behalf of seniors regarding issues impacting the lives of older adults and their caregivers.

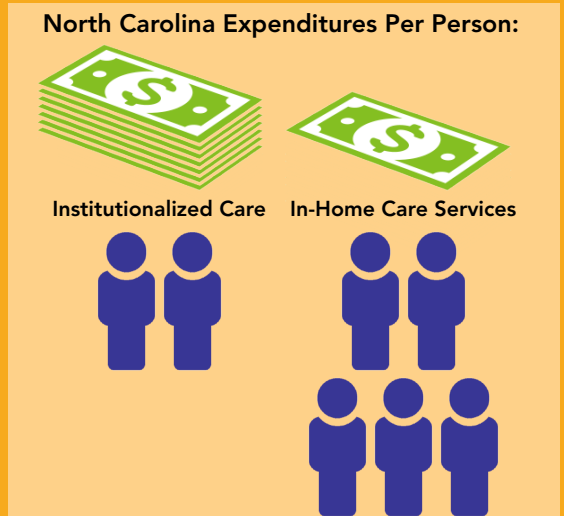
## Volunteer Opportunities

Volunteers are the critical link between local and regional resources and the older adults attempting to access services. AAAs recruit, train and manage thousands of volunteers statewide for various programs. Investing in volunteers not only produces substantial economic benefits for the N.C. Aging Network and the community, but also reaps great health benefits to older adult volunteers themselves.

AAA long-term care ombudsman programs support and train volunteers in **Community Advisory Committees (CACs)** in each county across the state. These volunteers are appointed by boards of county commissioners and perform regular facility visits to nursing homes and adult care homes.

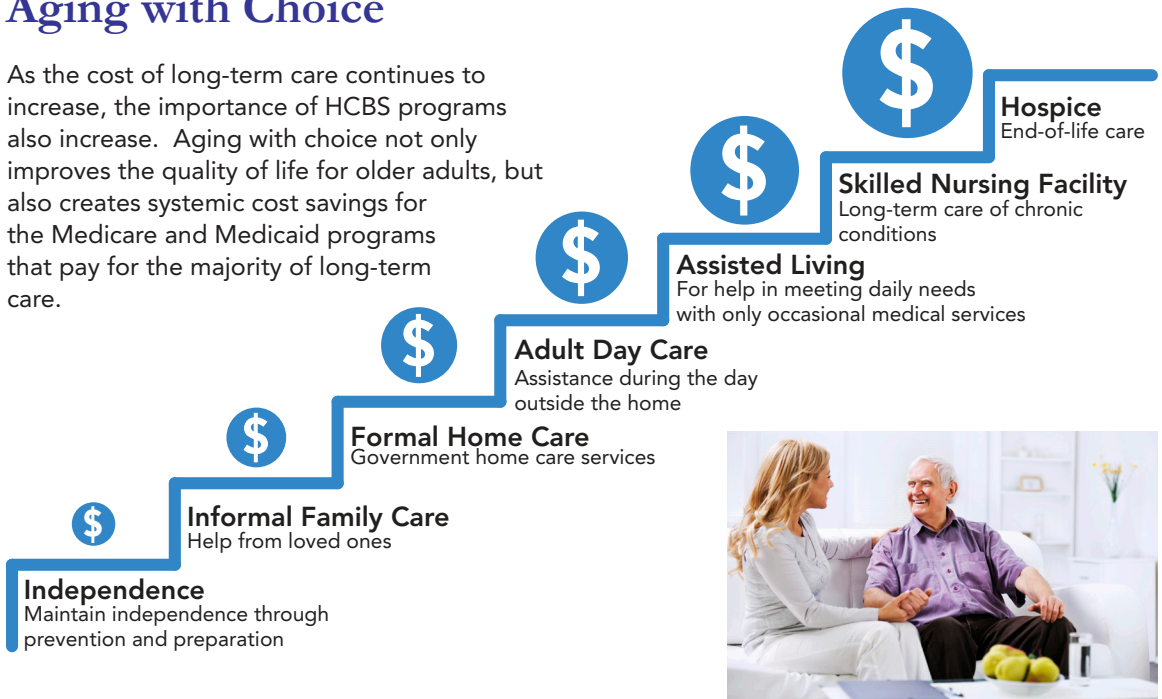
# Home & Community-Based Services

Home and Community-Based Services (HCBS) cost a fraction of the expense of institutional care options like nursing homes and skilled care facilities. Institutionalized care for older adults costs North Carolina seven times more per person than home and community-based services. In-home care services also reach 2.5 times more people than institutionalized care with fewer dollars.<sup>3</sup>



## Aging with Choice

As the cost of long-term care continues to increase, the importance of HCBS programs also increase. Aging with choice not only improves the quality of life for older adults, but also creates systemic cost savings for the Medicare and Medicaid programs that pay for the majority of long-term care.



<sup>3</sup>N.C. Division of Aging and Adult Services, State Expenditures SFY 2013-14, [http://www.ncdhs.gov/aging/ExpendData/statetotals\\_2014.pdf](http://www.ncdhs.gov/aging/ExpendData/statetotals_2014.pdf).

*"In North Carolina, we are developing and evaluating comprehensive post-stroke services. Area Agency on Aging Networks are leaders and valuable partners in establishing these services. In collaboration with AAAs, we expect to establish new standards for integrating healthcare and community resources to improve health and wellbeing of our most vulnerable elders."*

**Pamela W. Duncan PhD, PT**

Professor of Neurology, Wake Forest Baptist Health  
Principal Investigator of Patient Centered Outcome  
Research Institute Trial to Develop Comprehensive Post  
Acute Stroke Services (COMPASS)

**When looking for a strong structure and reliable network with a proven track record that brings a great value at an affordable price, contact your local Area Agency on Aging (AAA).**



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