

# Elderbridge Agency on Aging



Annual Report  
7/1/2022 - 6/30/2023

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# MESSAGE FROM OUR CEO

As I reflect on this past year, I am amazed at the increased need for Older Iowans to receive home and community-based services. The lasting effects of the Coronavirus have been felt across Iowa and the country. Demand for services has increased exponentially; clients served by one or more services increased by 7.6% in FY2023 following a 27.5% increase in FY22. COVID Relief funds have been depleted because of the additional consumers served with the extra funding. We continually advocate for increased Older American Act and state funding to meet the increased demand for services but there have not been any additional allocations. Due to increased need without increased funding, a waiting list process has been established and implemented for the Iowa Café and congregate meal programs. Consistent and standard criterion was developed for the nutrition subcontracts for FY24 to make meal reimbursement rates fair and equitable.

We continue to offer many virtual and in-person options for providing direct services such as options counseling, case management, elder abuse prevention, caregiver support, older worker employment support, and care transition assistance. In-home services are subcontracted through various home and community-based providers. Workforce shortages have caused some barriers to service delivery resulting in the development of creative options for meeting individual needs such as volunteers for chore service, friendly visiting, and assisted transportation.

Our Return to Community has continued to grow and has expanded to three additional regions this year. Clay, Dickinson, Palo Alto, Hancock, Cerro Gordo, and Franklin Counties are now participating in the program. We are researching opportunities to expand and sustain the program.

Elderbridge continues to focus on fundraising opportunities with \$366,101 acquired through grant writing and fundraising efforts. This funding is used to directly support individuals with service needs, such as meals, adaptive equipment, personal emergency response devices, and others.

The Board of Directors, Elderbridge staff, and volunteers are dedicated to assuring that everyone has options and choices as they age in Iowa. We continually strive for professionalism, integrity, and excellence while achieving our mission to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent, healthy lives.

SHELLY SINDT



It is our mission to advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent healthy lives.

# MESSAGE FROM OUR BOARD PRESIDENT

Let's face it: the COVID-19 pandemic was a watershed moment for the global community. Everywhere I turn, people are saying things like, "Well, since COVID..." or "You know, before COVID..." In the letter that accompanied this report last year, my predecessor, Beth Will, called it an unprecedented moment in time. And she was right – we have had no frame of reference for the events of the last three-plus years. We are living *post-COVID*.

But while the federal health emergency may have officially ended in the spring of 2023, the need for organizations like Elderbridge continues to grow and expand. For example, in 2023, our dedicated staff has served even more people in our communities than last year. With this additional increase in the number of people who need our help, Elderbridge's advocacy efforts continue to focus on increased financial support through the Older Americans Act as well as pushing for additional state funding. But post-COVID dollars aren't as available as they were at the height of the pandemic, so we've leaned on our partners and friends for support, and together we continue to enable and empower Older Iowans to live safe and fulfilling lives.

While desperate times often call for desperate measures, the Elderbridge leadership team successfully positioned us to succeed at our mission. We've been able to continue providing services even in the face of funding reductions thanks to your support of that mission, and we as a Board cannot adequately express our thanks to you for that support.

Ultimately, Elderbridge's continuing success depends on you. We don't know what the future brings, especially in this *post-COVID* world, but Elderbridge remains steadfast in our mission to champion and empower older adults, caregivers, and individuals with disabilities in their pursuit of independent, healthy lives. Your inspiration and partnership in supporting Elderbridge are deeply appreciated.

Ethan Huizenga



## BOARD MEMBERS

Barry Anderson

Gary Caviness

Lori Hain - Secretary

Ethan Huizenga - President

Amanda Kaufman

Steve Kruse - Vice President

Larry Pedley - Treasurer

Linda Vaudt

Advisory Council Rep - Sandra Olson

# WHO ARE WE?

Elderbridge Agency on Aging is a private nonprofit organization that serves the needs of Iowans sixty (60) years and older and their families.

Founded in 1974 after the passage of the Older Americans Act, Elderbridge is one of six Iowa Area Agencies on Aging and is part of a national aging network designed to address the needs and concerns of adults with disabilities and older Iowans.



Elderbridge serves a 29-county area in Northwest, North Central, and Central Iowa with offices in Mason City, Fort Dodge, Carroll, and Spencer.

Audubon  
Buena Vista  
Calhoun  
Carroll  
Cerro Gordo  
Clay  
Crawford  
Dickinson  
Emmet  
Floyd

Franklin  
Greene  
Guthrie  
Hamilton  
Hancock  
Humboldt  
Kossuth  
Lyon  
Mitchell  
O'Brien

Osceola  
Palo Alto  
Pocahontas  
Sac  
Sioux  
Webster  
Winnebago  
Worth  
Wright

# SERVICES

The LifeLong Links Program helps older adults and adults with disabilities maintain their independence at home or in the community of their choice through information and assistance, options counseling, family caregiving, case management, and elder rights services.

## **LifeLong Links**

LifeLong Links provides information and referral resources to older Iowans, individuals with disabilities, veterans, and their caregivers as they begin to think about and plan for long-term independent living. Services include:

- Information, Referral, and Assistance (IR&A) offers current information on resources and services that are available for older adults and caregivers.
- Options Counseling provides a person-centered, interactive planning process to help the consumer identify long-term support preferences and develop an individual action plan.
- Family Caregiver Support provides the family caregiver and older relative caregiver, information and assistance, options counseling, emotional support, and supplemental services.
- The Elder Rights/High-Risk Case Management Program provides consultation and intervention to at-risk older adults.
- Case Management services help people over 60 remain independent in their own homes through the coordination of services.
- Iowa Return to Community (IRTC) - This program focuses on successful care transitions for individuals who are discharged from a hospital or nursing home back to their home or community. Social support and coordination of services are provided to prevent readmission to the hospital or nursing facility.

## **Healthy Aging Program**

The Healthy Aging Program focuses on improving the health and well-being of older adults by providing hot, nutritious meals, nutrition education and counseling, and evidence-based health activities. Services include:

- Home Delivered Meals are provided to homebound seniors by a volunteer delivery person.
- Congregate Meals are provided in a congregate setting where diners can meet with friends and eat a healthy, well-balanced meal. The Iowa Café offers diners the option to eat and socialize in a restaurant setting.
- Evidenced-based health activities include fall prevention programs such as Matter of Balance, Walk with Ease, Stepping On, Seated Tai Chi, Tai Chi for Arthritis, and an in-home medications review called HomeMeds.

## **Home and Community-Based Service (HCBS) Program**

HCBS are person-centered and often designed to enable people to stay in their homes, rather than move to a facility for care. Elderbridge subcontracts with multiple agencies within our 29-county area. These contracts include services such as personal care, homemaker, transportation, legal aid, and respite.



# GRANT BASED SERVICES

## **MIPPA: Medicare Improvements for Patients and Providers Act.**

This grant focuses on assisting Medicare beneficiaries to apply for the Medicare Part D Extra Help/Low-Income Subsidy (LIS), and Medicare Savings Programs. Funding is also used to provide Part D counseling to Medicare beneficiaries who live in rural areas and to promote Medicare prevention and wellness benefits.

## **Community-Based Foundation Grants:**

Elderbridge has several community foundation grants spread throughout our 29 counties. Elderbridge utilizes this money for client-directed assistance (material aid) personal assistive devices, housing assistance, nutrition assistance, and other unmet needs.

## **Older Worker Employment Program:**

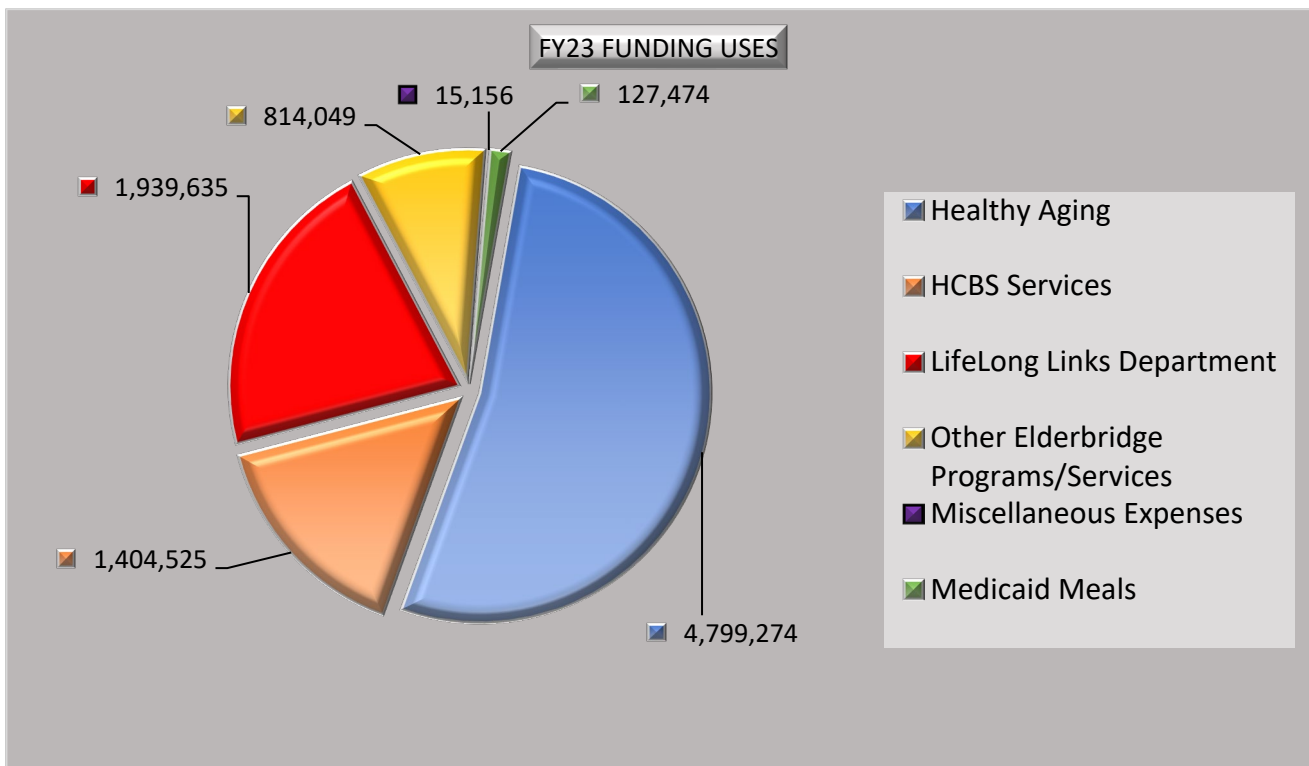
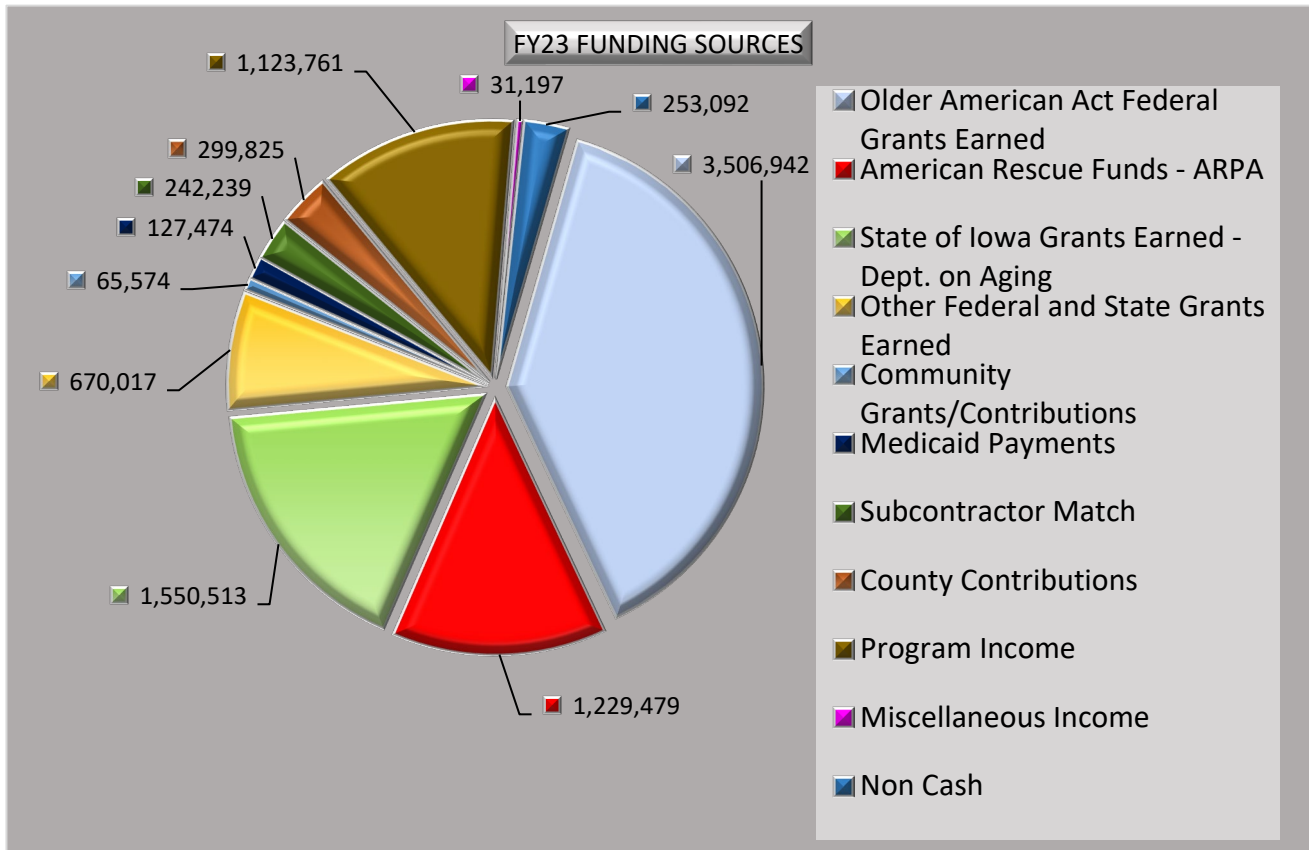
A growing number of older lowans are choosing to join or stay in the workforce well past the traditional retirement age. Our specialist assists job candidates with vocational assessments, job-seeking skills, orientation to a new job, and job retention.

## **Volunteer Program**

Elderbridge relies on volunteers to help provide services, unique support, and assistance to older adults, caregivers, and persons with disabilities. Volunteering connects us to those whom we share our communities with and supports our neighbors to remain vital participants in the community.



# FINANCIAL REPORTS



## FY23 UNITS OF SERVICE PROVIDED

### Area Plan Programs

Program	# Unduplicated Clients	# of Units	Unit Type
Case Management	276	3,006	1 hour
Caregiver Case Management	39	243	1 hour
Caregiver Counseling	2	2	1 session per consumer
Caregiver Emergency Response System	11	59	1 month
Caregiver Home-Delivered Nutrition	15	1450	1 meal
Caregiver Information & Assistance	434	717	1 consumer contact
Caregiver Options Counseling	127	440	1 hour
Caregiver Respite: In-Home	60	2427	1 hour
Caregiver Respite: Out-of-Home	9	747	1 hour
Caregiver Supplemental Services	37	676	1 item
Caregiver Support Groups	18	56	1 session
Chore	291	1101	1 hour
Congregate Nutrition	5554	209245	1 meal
EAPA Assessment & Intervention	61	1,103	1 Hour
EAPA Consultation	65	144	1 consumer contact
Emergency Response System	116	688	1 month
Errand Buddy	5	16	1 hour
GO Information & Assistance	5	9	1 activity
GO Options Counseling	5	25	1 hour
GO Supplemental Services	2	2	1 consumer contact
Health Promotion: Evidence-Based	67	69	1 consumer/program
Health Promotion: Non-Evidence Based	349	975	1 contact
Home Delivered Nutrition	2635	261,810	1 meal
Homemaker	541	9,603	1 hour
Information & Assistance	3087	5004	1 consumer contact
IRTC Iowa Return to Community	263	1,393	1 hour
Legal Assistance	478	662	1 hour
Material Aid: Other	483	2,764	1 item
Nutrition Counseling	1	1	1 hour
Nutrition Education	4,704	20389	1 session
Options Counseling	350	1,488	1 hour
Outreach	13	13	1 contact
Personal Care	180	5,993	1 hour
Training & Education	33690	431	1 activity
Transportation	564	24317	1 one-way ride

# FEE FOR SERVICE

The majority of funding for Elderbridge Agency on Aging comes from federal and state sources, which remain stagnant except for special COVID-19 Relief funding. To offset unstable federal and state funding and meet the increased demand for services, the Elderbridge Agency on Aging can charge for services not offered through traditional Older Americans Act funding.

Elderbridge provides a line of services that we think are more responsive to the requests made to us by family members and caregivers.

- Home Safety Assessment helps identify potential falls and safety hazards that can jeopardize the well-being and independence of the client.
- Healthcare Visit Companion accompanies individuals to medical appointments and assists with communication with the medical provider.
- Errand Buddy accompanies individuals on errands and non-medical appointments.
- HomeMeds is an in-home medication assessment program that uses specialized software to screen the medications of individuals for potentially harmful interactions.
- Care Coordination will help individuals live safely at home by linking them to services needed through a person-centered action plan.
- Home Again provides support to individuals who return home from a hospital or nursing home facility.

Elderbridge will consider all reasonable requests for services that are specific to an individual's situation. Elderbridge Agency on Aging will continue providing the same traditional services funded through the Older Americans Act, on a contribution basis. These services allow us to provide services on a fee-for-service basis, expanding our ability to serve the needs of our consumers.

## **OFFICE LOCATIONS**

### **MASON CITY AREA**

1190 Briarstone Dr. Suite 3  
Mason City, IA 50401

### **FORT DODGE AREA**

308 Central Avenue  
Fort Dodge, IA 50501

### **CARROLL AREA**

603 N. West Street  
Carroll, IA 51401

### **SPENCER AREA**

714 10<sup>th</sup> Avenue East, Suite 1  
Spencer, IA 51301

**800-243-0678**

**[www.elderbridge.org](http://www.elderbridge.org)**