

Elderbridge Agency on Aging



Annual Report
7/1/2023 - 6/30/2024

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MESSAGE FROM OUR CEO

As of July 2023, the State Unit on Aging transitioned under the Iowa Department Health and Human Services umbrella. This created new opportunities and challenges for the Area Agencies on Aging. Information sharing and collaboration have improved significantly.

Elderbridge has seen a 30% increase in demand for services compared to pre-COVID, with no additional resources. The biggest challenge for Elderbridge was to trim approximately \$500,000 from our Nutrition budget due to rising costs, increased demand, and a reduction in funding post-pandemic. There have not been any significant funding increases at the Federal or State level in nearly a decade. To ensure we provide as many meals as our budget allows for those who qualify, our staff began doing assessments with home-delivered participants to verify that they are meeting the homebound requirements. Elderbridge has found that some participants getting home-delivered meals do not meet the Elderbridge priority population criteria of homebound status and they are not interested in transitioning back to the congregate meal sites. Elderbridge is working with the meal sites (Senior Centers) on rebranding and enticement strategies to bring back older adults who don't qualify for home-delivered meals but have nutrition and social needs that could benefit from participating in a congregate meal setting. We have implemented a waitlist policy for congregate meals only. Currently, there are nearly 100 individuals on the waiting list for congregate meals. We have been applying for grant funds to fill the gaps and to ensure our consumers receive meals.

Options counseling has also experienced an 83% increase in the number of consumers enrolled in that program. Elderbridge continues to provide high-risk case management services as well. Due to Elder Abuse Prevention and Awareness (EAPA) funding only covering one full-time staff, high-risk case management has been a vital supplement to the EAPA program, allowing for our case managers to provide higher-level interventions to individuals experiencing or at risk of experiencing Elder Abuse.

Elderbridge continues to focus on diversifying our funding through grants and fundraising opportunities. Our Slam Dunk Against Hunger silent auction raised over \$27,000 to provide 2700 additional meals to those experiencing food insecurity. Grant and micro fundraiser dollars directly support individuals with service needs, such as meals, adaptive equipment, personal emergency response devices, and others. Grant funding has also supported our volunteer program activities. County funding support is critical to Elderbridge service delivery, not only to expand services but also to meet our match requirement to draw down Older Americans Act funding.

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

As we reflect on the past year, it is clear that the needs of older adults, caregivers, and individuals with disabilities in our communities continue to grow. Our dedicated staff has worked tirelessly to provide crucial services like home-delivered meals, transportation, caregiver support, and in-home care. This year, we've served more people than in years past, a testament to our commitment to ensuring that the most vulnerable members of our community receive the assistance they need to maintain their quality of life and dignity.

However, we face challenges. A recent funding disruption at the state level has strained our resources, causing concern about the continuity of our services. Delays in the allocation of state-mandated and federally-mandated funding have put a strain on our operations, creating uncertainty about the future. Despite these challenges, we remain steadfast in our mission. We have worked diligently with state officials to resolve these issues and are committed to preventing similar disruptions in the future.

In addition to funding challenges, summer flooding in our region has further complicated our ability to provide essential services. Many of the areas we serve were severely affected, disrupting transportation routes and isolating some of the most vulnerable individuals in our community. Our team has worked tirelessly to overcome these obstacles, ensuring that critical services like home-delivered meals and in-home care continue despite these setbacks. However, this added strain on our resources is undeniable, and the road to recovery will require ongoing support and collaboration.

As you can see, contributions from our partners, friends, and the counties we serve are more vital than ever. Your generosity enables us to advocate for increased financial support and continue providing the services that older Iowans rely on. You truly are essential to our mission.

We, as a Board and as a community, cannot express enough gratitude for your unwavering support during these uncertain times. While we may not know what the future holds, we are resolute in our mission to champion and empower older adults, caregivers, and individuals with disabilities in their pursuit of independent, healthy lives.

Ethan Huizenga



BOARD MEMBERS

Barry Anderson

Gary Caviness

Lori Hain - Secretary

Jill Hawkinson

Ethan Huizenga - President

Amanda Kaufman

Steve Kruse - Vice President

Larry Pedley - Treasurer

Linda Vaudt As I

Beth Will

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, caregivers, 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 is a short-term program focused 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. Due to limited funding, this program is not available in all counties.

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 older adults 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.
- Evidenced-based health activities include fall prevention programs such as Walk with Ease, Seated Tai Chi, and Tai Chi for Arthritis.

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. This program will end on October 1, 2024.

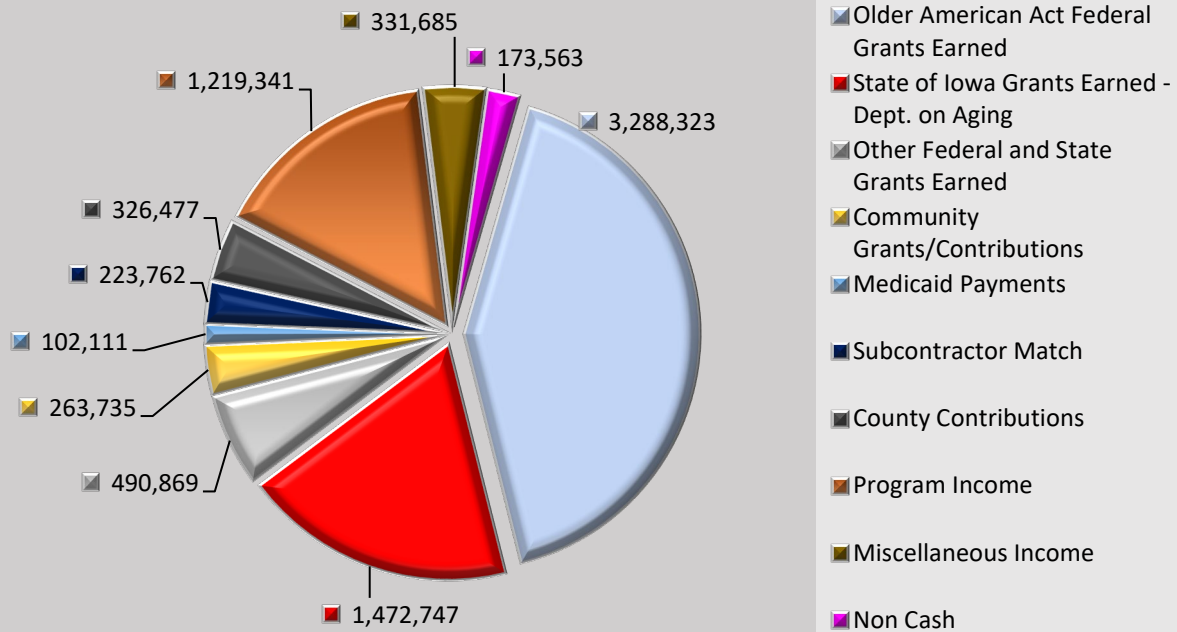
Volunteer Program

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.

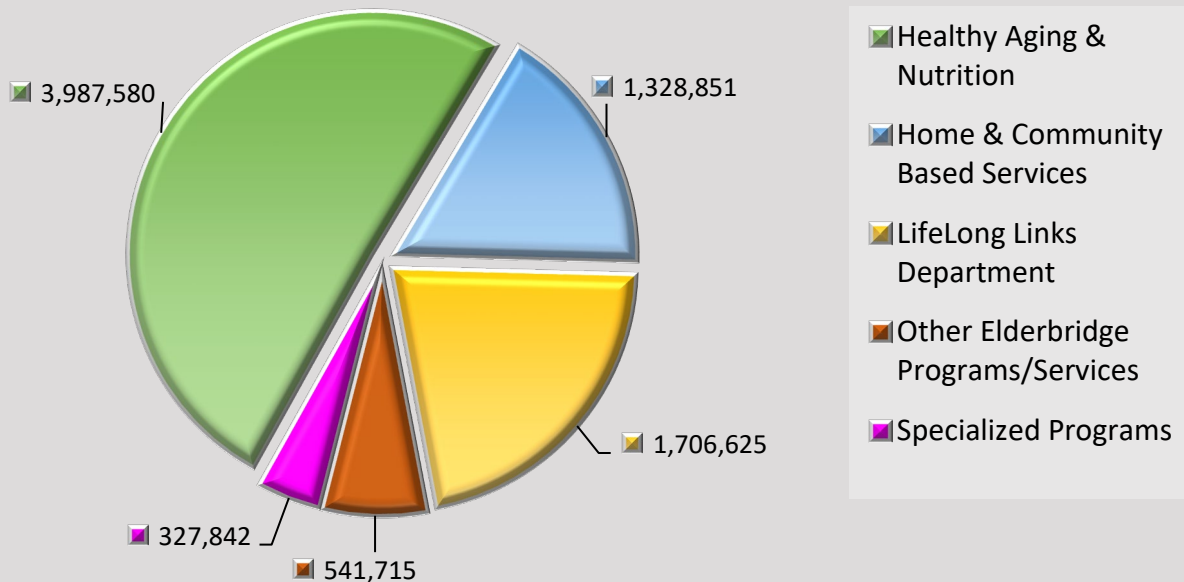


FINANCIAL REPORTS

FY24 FUNDING SOURCES



FY24 FUNDING USES



FY24 UNITS OF SERVICE PROVIDED

Area Plan Programs

Program	# Unduplicated Clients	# of Units	Unit Type
Behavioral Health Supports	17	21.00	1 hour
Case Management	397	4,357.00	1 hour
Caregiver Case Management	97	658.00	1 hour
Caregiver Counseling	0	0.00	1 session per consumer
Caregiver Emergency Response System	31	143.00	1 month
Caregiver Home-Delivered Nutrition	28	1,560.00	1 meal
Caregiver Information & Assistance	626	1,020.25	1 consumer contact
Caregiver Information Services	3	98.50	1 activity
Caregiver Options Counseling	158	771.00	1 hour
Caregiver Respite: In-Home	51	2,219.25	1 hour
Caregiver Respite: Out-of-Home	10	1,187.50	1 hour
Caregiver Supplemental Services	84	1,888.75	1 item
Caregiver Support Groups	15	60.25	1 session
Chore	54	817.25	1 hour
Congregate Nutrition	4142	208,482.00	1 meal
EAPA Assessment & Intervention	59	445.50	1 hour
EAPA Consultation	65	168.75	1 consumer contact
EAPA Training & Consultation	2246	18.00	1 activity
Emergency Response System	183	843.00	1 month
Errand Buddy	1	3.75	1 hour
GO Information & Assistance	2	7.00	1 activity
GO Options Counseling	4	9.00	1 hour
GO Supplemental Services	1	320.00	1 consumer contact
Health Promotion: Evidence-Based	82	97.25	1 consumer/program
Health Promotion & Disease Prevention	186	367.00	1 session
Health Promotion: Non-Evidenced Based	302	346.75	1 contact
Home Delivered Nutrition	2170	220,097.00	1 meal
Homemaker	468	10,605.00	1 hour
Information & Assistance	3215	5,009.50	1 consumer contact
IRTC Iowa Return to Community	616	2,189.25	1 hour
Legal Assistance	388	778.25	1 hour
Material Aid: Other	144	590.50	1 item
Nutrition Counseling	2	1.50	1 hour
Nutrition Education	1,885	7,640.00	1 session
Options Counseling	237	1,145.75	1 hour
Outreach	1,018	320.00	1 contact
Personal Care	156	5,978.25	1 hour
Training & Education	16489	322.00	1 activity
Transportation	732	27,128.00	1 one-way ride

FEE FOR SERVICE

The majority of funding for the Elderbridge Agency on Aging comes from federal and state sources, which have remained stagnant for the past decade. 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. Services are provided by Elderbridge staff and volunteers.

- 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.
- 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 in counties where IRTC is not available.

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

514 N. Court St., Suite 1
Carroll, IA 51401

SPENCER AREA

714 10th Avenue East, Suite 1
Spencer, IA 51301

800-243-0678

www.elderbridge.org