



Washoe County Department of Social Services



Senior Services Advisory Board Retreat

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Department of Senior Services

FY16-17 ACCOMPLISHMENTS

Significant. Noteworthy. Citizen impacting.

1. Successfully opened the Temporary Assistance to Disabled Seniors (TADS) housing program in December 2016 which gives social services an additional 14 beds for Crossroads Expansion. Social Services has placed 10 TADS clients in the last month.
2. Established a cross-departmental senior outreach team – identify all County departments that provide services to seniors, caregivers and community agencies. Identify duplication of services and new projects and programs to expand services. Examples:
3. Animal Services and Senior Services partnership to provide free pet vaccination and pet food distribution clinics for the pets of seniors at locations throughout Washoe County.
4. Library holding Tech Cafes, computer and social media classes to assist seniors with connecting digitally to the community.
5. Increased senior-related outreach efforts. The Department of Social Services and the Department of Senior Services has continued to partner with Catholic Charities for the Kids to Senior Program. There are now weekly outreach activities conducted in the community to extend our support and services to seniors. In addition, staff have continued to participate in outreach activities sponsored and supported by the Senior Advisory Board.

FY18-19 PRIORITIES

Strategic. Game changing. Regional.

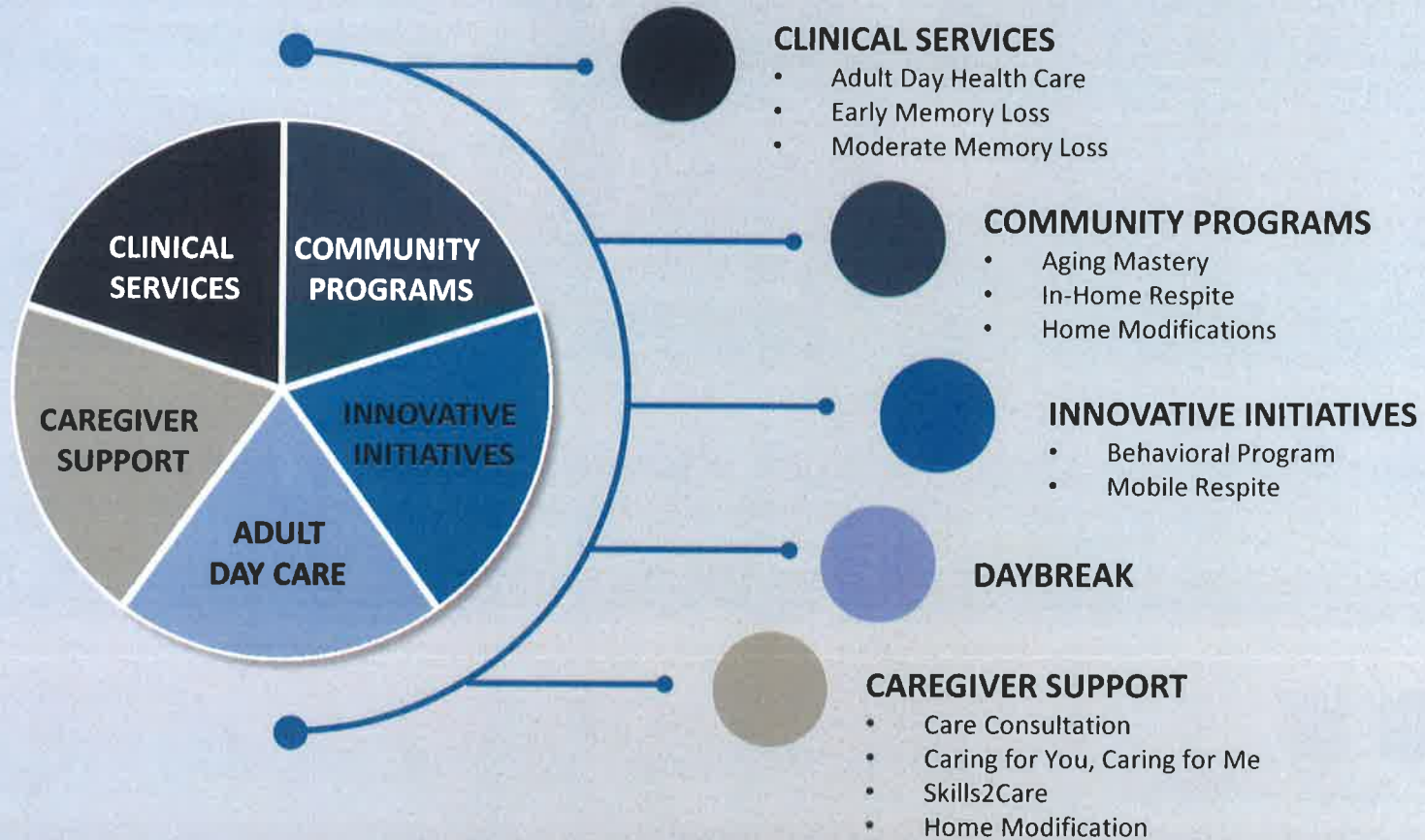
1. Expand Senior Services in the areas of innovative clinical and community based programming and the expansion of the Daybreak to increase the number of clients served.
2. Kitchen renovation and increase the number of congregate and home delivered meals produced and served by 100,000
3. Increase in caregiver support services such as Care Consultation, Caring for You, Caring for Me, Homemaker Services and in home assistance (Skills 2 Care)
4. Continued implementation of Senior Services in Incline Village





Strategic Objective: Safe, Secure and Healthy Communities

GOAL #2: Keeping Seniors on Pace with the rising population Senior Services Road map





Senior Services Above Base Initiatives

COMMUNITY PROGRAMS

Nutrition/Meals

- **Production Kitchen Renovation** – remodel commercial production kitchen to increase production and storage capacity. Renovation would increase production capacity by a minimum of 100,000 meals per year and allow for additional shifts if necessary to further increase capacity.
- **Expand Meal Sites and Program Support** – Increase the number of meal sites in underserved areas of Washoe County and an additional congregate meal site in Incline Village.
- **Home Modification** – This program will include a home safety assessment which will analyze the home environment for risk factors by occupational therapists using an evidence based instrument. The analysis will be the basis for the recommendation to increase home safety, accessibility, mobility and livability. This program is designed to improve the ability to live independently, decrease falls and injuries, decrease hospital visits and decrease the need for institutional care.
- **Homemaker Services** – Increase services hours for homemaker services provided to eligible seniors. Additional hours would serve approximately 315 seniors per year and clear the 150+ person waitlist.

DAYBREAK

Increase census and programming. Implement Early Memory Loss and Moderate Memory Loss within the Daybreak program along with Adult Day Health, occupational therapy, physical therapy, speech pathology and therapy services. Maximize adult day care costs, increase program revenue and increase total census to 50.

CAREGIVER SUPPORT

- **BRI Care Consultation** – evidence-based telephone-based support for caregivers across the lifespan
- **Caring for You, Caring for Me** – 10 hour workshop addresses the needs of family and professional caregivers by bringing them together in a relaxed setting to discuss common issues, share ideas, and gain a better understanding of each other's perspective on what it means to be a caregiver. It will assist the caregiver in learning new ways to cope with the stresses of being a caregiver, reduce frustration, share common concerns and gain information on caregiving practices.
- **Skills 2 Care** – Home based occupational therapy program for families of individuals with dementia to increase self-sufficiency, decrease desire to place loved ones in an institutional setting, decrease caregiver depression and decrease feelings of burden. Teaches the caregiver to care for loved ones.





Senior Services Above Base Initiatives (continued)

CLINICAL SERVICES

- **Early Memory Loss** – specialized support services and activities for individuals experiencing early memory loss utilizing arts, physical activities and cognitive stimulation. Support and education are offered for care partners and families.
- **Moderate Memory Loss** – specialized support services and activities designed for individuals experiencing moderate stages of memory loss. Arts and physical activities are modified to provide opportunities for cognitive stimulation and social interaction.
- **Mental Health Services** – The department applied for and was awarded a \$46,000 mental health grant by the State. These mental health services will be available in the coming year. The Department of Social Services also received funds through the Victims of Crime Act VOCA to provide additional mental health services to seniors who have been exploited and/or victimized which allows funding to be available for FY18.

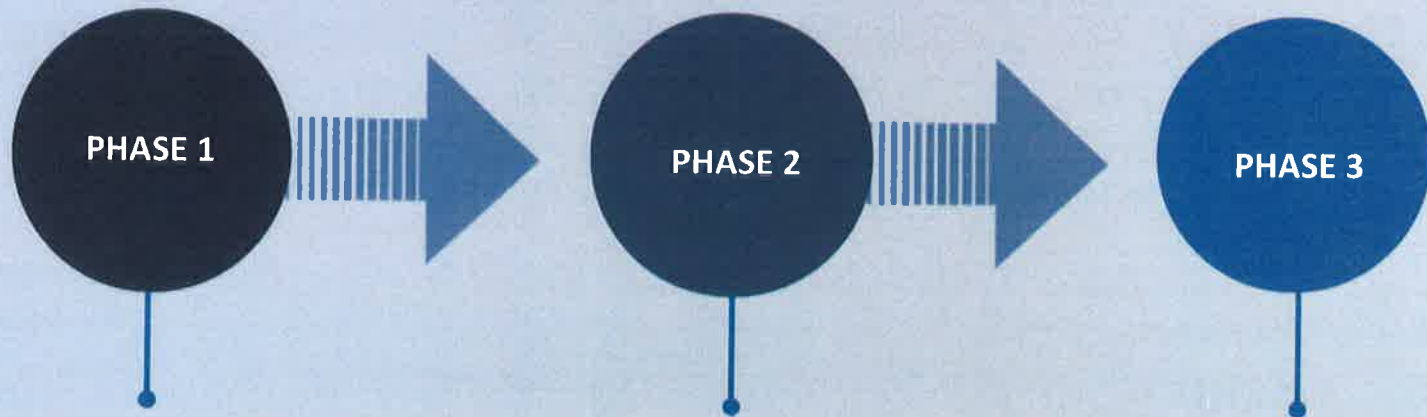
INNOVATIVE INITIATIVES

- **In-Home Respite** – This program is designed to increase self-sufficiency, decrease desire to place loved ones in an institutional setting, decrease caregiver depression and decrease feelings of burden. Mobile respite provides communities with a local community-based care option by using staff who travel between selected locations each week. The program utilizes a social and supportive service model to ensure that vulnerable adults including seniors, persons with disabilities and veterans can continue to live independently. Respite offers caregivers the opportunity for a break from the responsibilities of caregiving and Caregivers will have the option to access specialized education and support resources including evidence-based programs.
- **Aging Mastery** – an evidence informed program consisting of 10 group sessions designed to develop sustainable behaviors leading to improved health, financial security and wellbeing. Topics include: basics of Aging Mastery, sleep, healthy eating, financial fitness, healthy relationships, advance planning, medication management community engagement, falls prevention and exercise. This is designed to increase physical activity levels, healthy eating habits, social connectedness and adoption of healthy behaviors.





A 3-Phased Approach



CURRENT YEAR



- Care Consultation
- Caring for You, Caring for Me
- Mental Health Services
- Incline Village Senior Services

FY18



- In-Home Respite
- Home Modifications
- Meals
- Daybreak
- Homemaker Services
- Skills to Care Early Memory Loss
- Moderate Memory Loss
- Incline Village Senior Services

FY19



- Aging Mastery
- Behavioral Health Program

