



# Peninsula Agency on Aging

## **Linking Seniors & Services**

Resources, referrals and connections in the community

# Our Role as an Area Agency on Aging

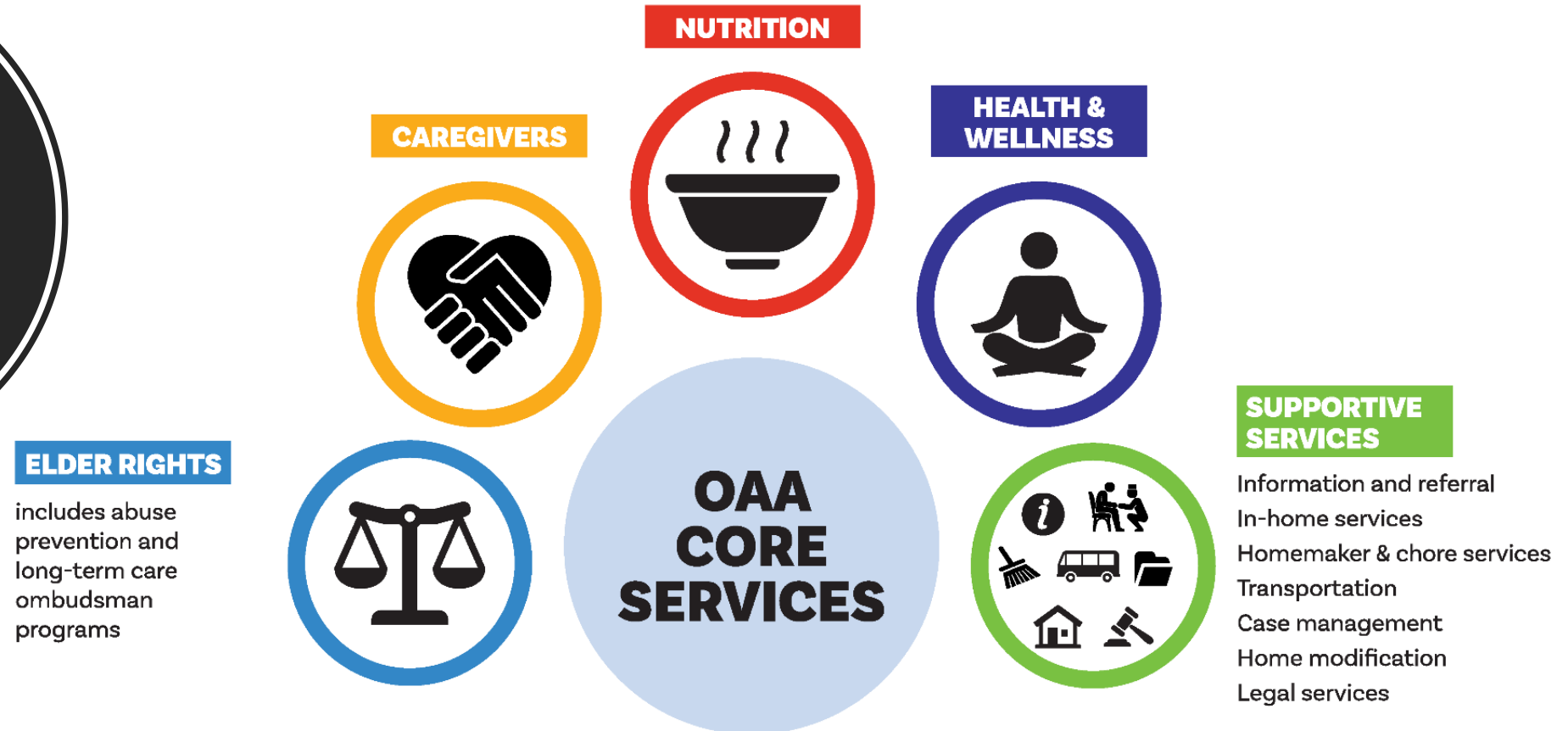
- Designated by the Older Americans Act to lead the planning and delivery of aging services
- Coordinate a comprehensive system of care
- Advocate for the rights and needs of older adults and family caregivers
- Build partnerships that increase access and equity
- Ensure services are inclusive, culturally competent, and community-driven



The Older Americans Act

## Delivering Vital Services Across the Aging Continuum

# What is Available Through the OAA?



The OAA funds a wide range of aging services across five core areas, with local flexibility built into the Act to reflect the needs of that area's older adults and caregivers.

## Services Provided

- Adult Day Care Respite
- Care Coordination
- Caregiver Support
- Elder Abuse Prevention Program
- Energy/Utilities Assistance
- Health & Wellness Programs
- Home Delivered Meals
- Information and Assistance
- In-Home Personal Care
- Non-Emergency Medical Transportation
- Personal Care Services
- Congregate Dining Centers
- Veteran Directed Care
- Veterans Transportation
- VICAP Insurance Counseling
- ... and so much more!

## Service Gaps

- Lack of affordable and accessible respite care for caregivers
- Inadequate mental and behavioral health supports
- Transportation services for all needs
- Services not fully inclusive of non-English speaking or LGBTQ+ populations
- Waitlists for essential in-home and nutrition services
- Digital divide impacting access to telehealth and information
- Insufficient affordable housing and home modification resources to support aging in place
- Underfunded adult day care programs, resulting in fewer options for safe daytime supervision



Peninsula Agency on Aging (PAA) is an important resource to assist not only older adults, but also people living with disabilities or chronic conditions and caregivers of all ages. Services include:



**MEALS:** Home-delivered or served at centers



**RIDES:** Accessible, affordable transportation



**PERSONAL CARE:** Help in your home



**SOCIALIZATION:** Fun and friendship



**HOUSING:** Resources for homelessness



**INFORMATION & REFERRALS**



**EDUCATION:** Evidence-based health programs



**CAREGIVER SUPPORT:** details, next page



Peninsula  
Agency on Aging

**In FY2024,  
PAA provided:**

**134,495 Meals**

**13,889 Rides**

**3,037 Care Hour**

**1,177 Health  
Promotion Sessions**

**9,127 People Served**

# What We Did in Hampton: FY 2024 Snapshot



## Information, Referrals, & Assistance

996 Clients Served

1,606 Contacts



## Congregate Nutrition

40 Clients Served

3,458 Meals



## Home Delivered Meals

158 Clients Served

30,591 Meals



## Transportation

158 Clients Served

3,322 One-Way Trips



## Personal Care

24 Clients Served

2,491 Hours of Care



## Adult Day Care

5 Clients Served

408 Hours of Care

# Caregiver Statistics

**About 53 million people in the U.S. assist a spouse, relative, friend or neighbor with tasks like cooking, dressing, and bathing.**

According to a survey conducted by SeniorLiving.org<sup>1</sup>:

- 53% of caregivers work full-time
- 59% of caregivers are caring for a parent
- 43% of caregivers live with the person they care for
- 72% of caregivers report **emotional stress**
- 51% of caregivers report **financial strain**
- 43% of caregivers report **loss of sleep**
- 36% of caregivers report **feelings of depression**

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Research by AARP indicates<sup>2</sup>:

**Nearly 80% of caregivers pay out of pocket for care costs**

**Out-of-pocket costs average \$7,200 annually**

<sup>1</sup> <https://www.seniorliving.org/research/family-caregiver-report-statistics/>

<sup>2</sup> <https://www.aarp.org/pri/topics/ltss/family-caregiving/financial-supports-family-caregivers/>



# Caregiver Statistics - Significant impact on businesses



**Research by Kaiser Permanente shows<sup>3</sup>:**

- **Caregiving can cost employers \$6,410 per employee, per year in productivity loss.**
- **Employees who are caregivers miss an average of 3.2 workdays per month.**
- **Nearly one-third have voluntarily left a job because of their caregiving responsibilities.**
- **1 in 5 employees are doing double duty by providing care for a loved one spending an average of 20 unpaid**

## **Addressing the Costs:**

- **Flexible Work Arrangements**
- **Caregiver Support Programs**
  - Providing resources and support for caregivers, such as elder care services or childcare, can help reduce the burden on employees.
- **Employee Assistance Programs (EAPs)**
  - EAPs can provide counseling and support for employees facing caregiving challenges.



# Caregiver Supports & Services



**Peninsula Agency on Aging** comprehensively supports the needs of caregivers:

- **Educational**
- **Social**
- **Financial**
- **Emotional**

# Guiding an Improved Dementia Experience (GUIDE) Model



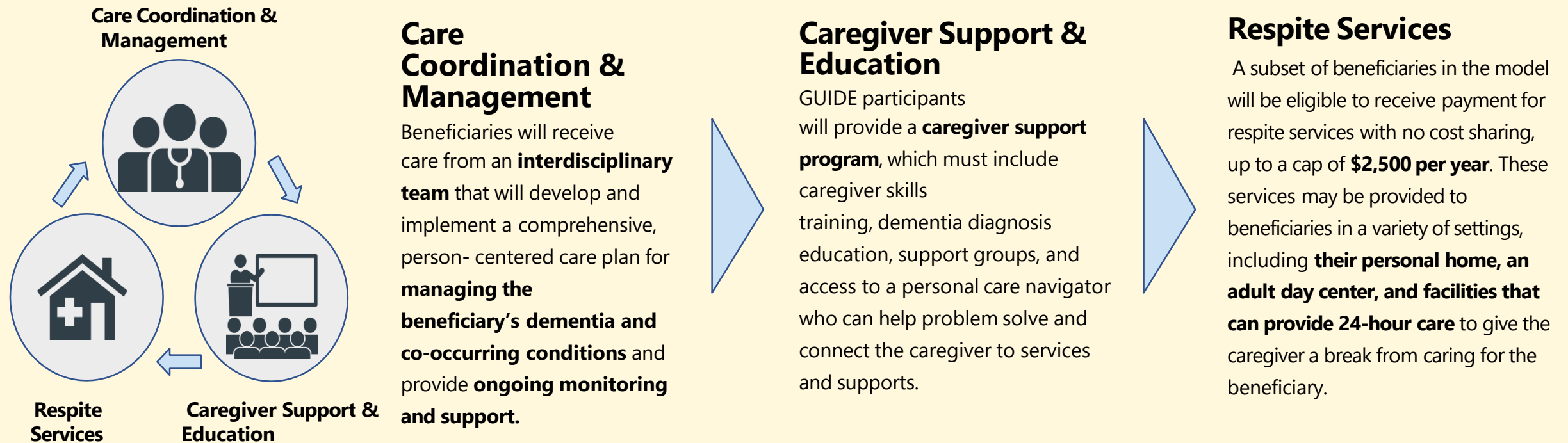
**GUIDE is a new Medicare program that aims to integrate health care and social supports to:**

- Improve quality of life for people living with dementia
- Reduce caregiver burden
- Delay (or prevent) nursing home placement
- No co-pays or out-of-pocket costs for eligible beneficiaries
- Annual respite allowance for those with moderate to severe dementia

# Guiding an Improved Dementia Experience (GUIDE) Model

## Purpose and Overview

The GUIDE Model will test whether a comprehensive package of care coordination and management, caregiver support and education, and respite services can improve quality of life for people with dementia and their caregivers while delaying avoidable long-term nursing home care and enabling more people to remain at home through end of life.



# Guiding an Improved Dementia Experience (GUIDE) Model

## Eligible Beneficiaries

The GUIDE Model is designed for community-dwelling Medicare FFS beneficiaries, including beneficiaries dually eligible for Medicare and Medicaid. Eligibility criteria for Model beneficiaries are outlined below:



### **Dementia Diagnosis**

Beneficiary has dementia confirmed by attestation from clinician practicing within a participating GUIDE dementia care program



### **Enrolled in Medicare Parts A & B**

Beneficiary must have Medicare as their primary payer and not enrolled in Medicare Advantage, including Special Needs Plans (SNPs)



### **Not Residing in Long-Term Nursing Home**



### **Has Not Elected the Medicare Hospice Benefit**

Services overlap significantly with the services that will be provided under the GUIDE Model



### **Not Enrolled in PACE**

Services overlap significantly with the services that will be provided under the GUIDE Model

## **Voluntary Alignment Process**

The GUIDE Model will use a voluntary alignment process. Participants must document that a beneficiary (or their legal representative if applicable) consents to align to the Participant.

Participants may request a list of potential beneficiaries who may be eligible for voluntary alignment. Additionally, Participants may have beneficiaries self-referred to them based on letters sent by CMS, or by other provider referrals.





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