



### Mike T. is Enjoying Life Again

Many older adults who live with chronic pain use dangerous opioid pain relievers to manage their conditions. Mike T. was using fentanyl and hydro-morphone daily, until he took a Chronic Disease Self-Management class. Mike says, "Having a sense of control of my pain has helped me physically and psychologically. What I learned in this class has helped me get off opioids completely."

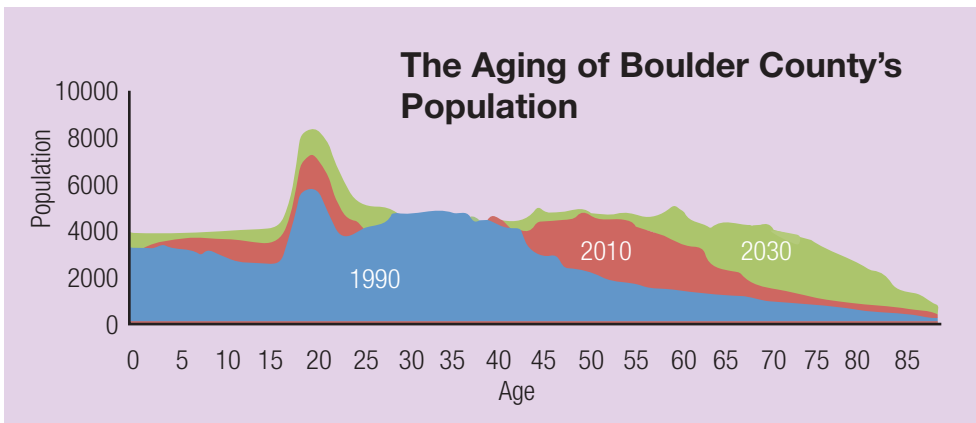


### Betsy K. is an Empowered and Informed Caregiver

As her mom became more dependent and frail, Betsy K. discovered our Caregiver Symposium, an annual event offering guidance and resources to local family caregivers. She found information on Medicaid eligibility requirements for her mom, information she learned about Power of Attorney, banking strategies, and how to complete housing paperwork eased her caregiving duties.

### Age Well Strategic Plan

Older adults represent the fastest growing segment of Boulder County's population. Age Well Boulder County is our ongoing strategic planning initiative to make Boulder County as age-friendly as possible. This plan, developed through a collaborative process, reflects data collected from older adults and service providers, and establishes goals and strategies to ensure our communities are age-friendly. View the plan at [www.AllAgeWell.com](http://www.AllAgeWell.com).



Boulder County was inducted into the AARP/World Health Organization's Network of Age-Friendly Communities in 2016, driven by our Age Well strategic plan.

This Network is an affiliate of the World Health Organization's Global Network of Age-Friendly Cities and Communities and is an international effort to help communities prepare for their own growing population of older adults.

### About the Area Agency on Aging (AAA)

Our staff of 35 is devoted to the AAA mission to deliver, fund, and advocate for services that promote well-being, independence, and dignity for older adults, people with disabilities, family caregivers, and veterans in Boulder County.

Area Agencies on Aging were established through the Older Americans Act of 1965, the first federal initiative aimed at providing comprehensive services for older adults. The act created a National Aging Network comprised of the Administration on Aging on the federal level, State Units on Aging, and local AAAs. Boulder County's AAA was established in 1990, and there are now 600 AAAs across the U.S.

### A Community of Providers

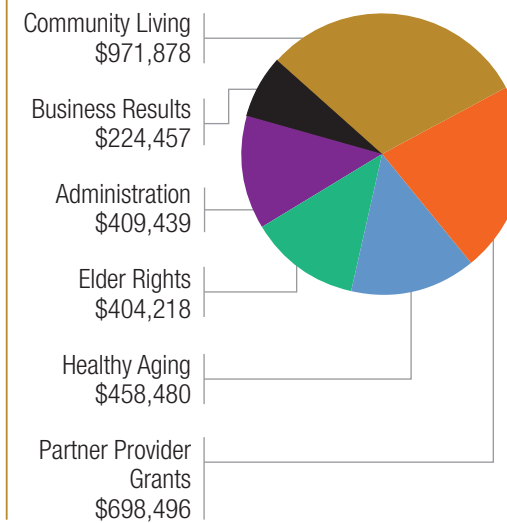
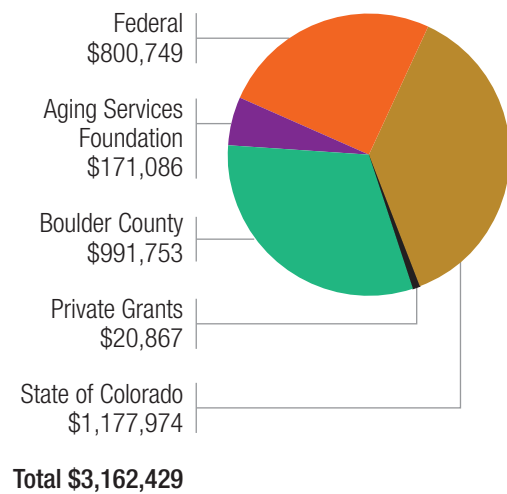
While the County's AAA provides many direct services, it also funds services through a network of partner agencies. More than **\$698,000** dollars were awarded to AAA partner agencies: Audio Information Network, Boulder County Care-Connect, Boulder County Legal Services, Center for People with Disabilities, Ensign, Mental Health Partners, Louisville Senior Services, Nederland Area Seniors, Rocky Mountain Legal Center, and Via Mobility Services.

Our partners bring added strengths and resources to the table, further augmenting and diversifying services. **99% of our clients** report that these services help them maintain or improve their independence!

### Funding

BCAAA is funded through federal and state government grants, Boulder County funds, private grants, and corporate and individual contributions. We are fortunate to be able to augment state and federal grant funds with local county funds, and with support from the Aging Services Foundation, and other local charities. These additional funds allow us to develop, deliver, and sustain a higher quantity and better quality of services for our community.

### Revenues and Expenses



Information & Assistance for Aging Well  
**303-441-1617**  
[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)



# 2016 AREA AGENCY ON AGING ANNUAL REPORT



AREA AGENCY ON AGING  
 COMMUNITY ACTION PROGRAMS  
 COMMUNITY JUSTICE SERVICES  
 CHILD PROTECTION REVIEW TEAMS  
 HEAD START  
 HEALTHY YOUTH ALLIANCE  
 VOLUNTEER INITIATIVES  
 WORKFORCE BOULDER COUNTY

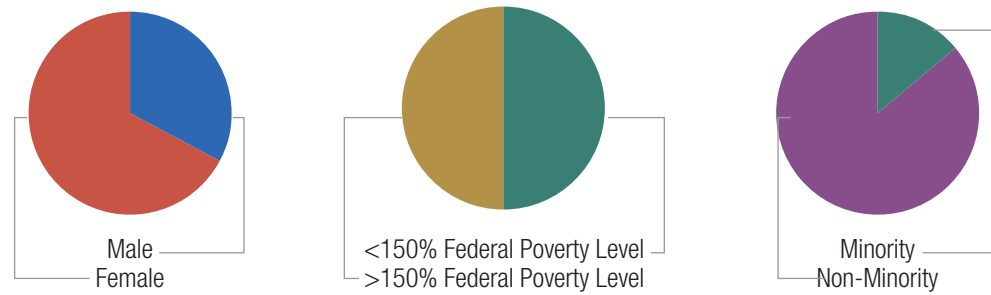
Generating a Lifetime of Opportunities

## Aging in Place

Aging in place means living in the residence of one's choice, for as long as one is able. This often requires the ability to access supportive services as needs evolve. The Boulder County Area Agency on Aging (BCAAA) staff understands the nuances of growing older, and the value that seniors add to our communities. We work to assist our older populations age in the places they call home, as safely as possible.

## Who We Serve

We assist seniors, people with disabilities, family caregivers, and veterans with information and assistance, case management, and referrals to many internal and community-based services and programs.



15,000+ People received our services

**89%** rated their experience as "excellent"

## Our Services

We provide and contract for direct services that address a spectrum of needs, from information and assistance, to assessments, home care, and material aid.

52 people accessed in-home services through Choices@Home



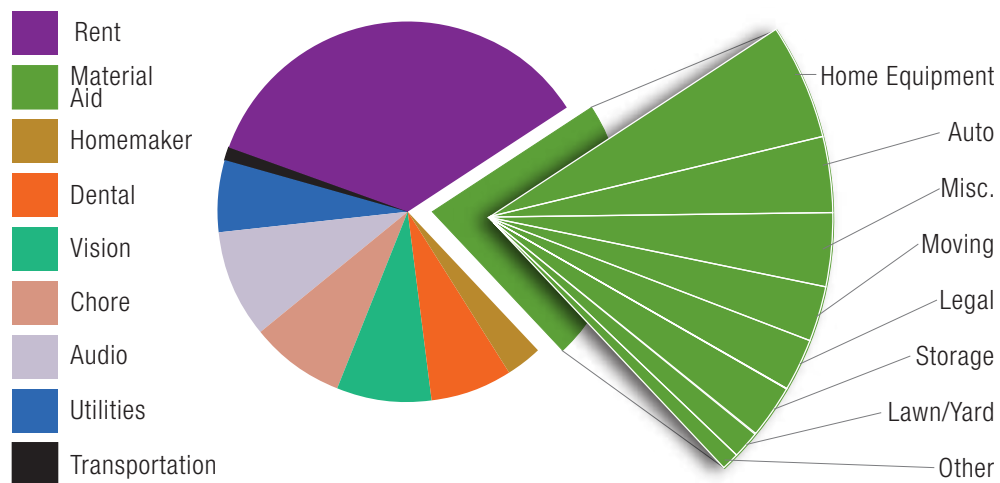
and gave an average satisfaction of 4 out of 5

26 people received case management and wrap-around services through Project Hope

And saved, on average per year **\$25,000**

## Short-Term Assistance

BCAAA provides a wide variety of assistance grants to help seniors age in place:



## Aging Well

Aging isn't a choice – but how one goes about it is. BCAAA is here to help our community better understand aging, manage the complexities of growing older, and consider how best to use available community resources. We provide, fund, and direct people to resources and services that promote and encourage aging well.

**13,672** Meals, and... **75%** reported that meals help them maintain or improve their independence

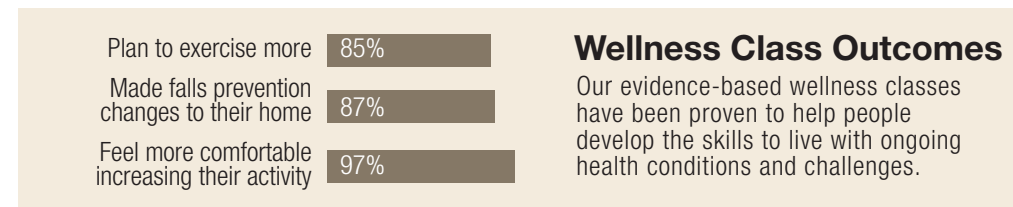
**172** Nutritional Sessions, and... **43%** sought follow-up sessions to learn more

## Healthy Aging

BCAAA helps seniors learn how to take control of their health and wellbeing, and provides access to healthy eating options. We provide evidence-based wellness classes, nutritional education, meals, dental assistance, and more.

200 people took Matter of Balance & Healthier Living classes

33 local businesses & 645 people participated in annual Falls Prevention Week



## Family Caregiver Support

BCAAA provides a variety of services for family caregivers, including educational events, information and referrals to community resources, trainings, and respite assistance. Nearly half of all older adults in Boulder County provide some level of care to a loved one.

**419** Caregivers received information and referrals to resources

**18,000** Caregiver support newsletters distributed

**55** People joined a support group or took a caregiving class

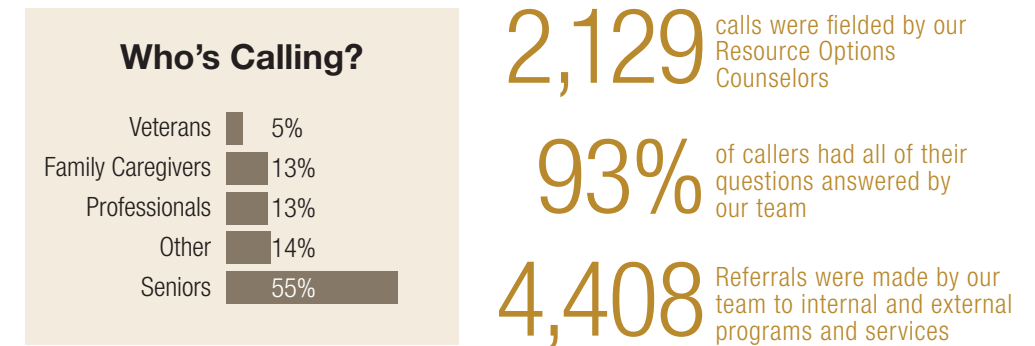
**90%** Of participants felt more confident after taking a class

**76** People received respite assistance grants and...

**789** Hours of adult day care was provided

## Informed Aging

BCAAA provides information, education, and counseling on many topics. The Aging and Disability Resource Center (ADRC) is our front door, where clients can call, visit online, or schedule an appointment with a resource options counselor.



## Education & Advocacy

We inform, influence and improve how our community can become more welcoming and self-empowered through a variety of classes, events and programs.

**3,044** people received Medicare counseling and education

**90%** felt more confident about making Medicare coverage choices after taking a class, and ...

**97%** would recommend the class to a friend

## Supporting LGBT Seniors

BCAAA recognizes the importance of providing services to the LGBT senior population and provides a host of LGBT responsiveness trainings to professionals.

**100+** professionals trained through our web-based training

**40+** zip codes represented

**2x** growth in trainees' sense of LGBT inclusiveness after training

**45%** of trainees sought follow-up trainings

## Ensuring Safe Long-term Care

BCAAA works through our Long-Term Care Ombudsmen to ensure that long-term care facilities are safe and secure.

**719** Visits by BCAAA Ombudsman staff to long-term care facilities in Boulder County

**Top 5 LTC resident complaints we field:**

1. Discharge/Eviction Errors
2. Resident Preferences, Choices, Rights
3. Inadequate Care Plans
4. Dignity/Respect Issues
5. LTC Facility failure to respond to resident requests