An Aging Future

Older adults represent the fastest growing segment of the county’s population. What does this mean for our community? Age Well Boulder County is a collaborative strategic planning initiative that encourages a healthier, more age-friendly Boulder County. Age Well Boulder County combines qualitative and quantitative research with stakeholder-led goal setting to realize a more age-friendly future. View the strategic planning work at www.AllAgeWell.com.

About the Area Agency on Aging (AAA)

Established in 1990, the Boulder County Area Agency on Aging (BCAAA) is a nationally recognized and award winning division of county government. Our professional staff of 35 is devoted to the BCAA 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.

A Network of Providers and Advocates

We fund, coordinate, and promote services through a network of mission-driven partner agencies. In 2018, more than $2 million was awarded to or spent on programs in partnership with local, regional, and national organizations, including:

- A Day Place
- Alzheimer’s Association
- Boulder Community Health
- Boulder County Legal Services
- Boulder Housing Partners
- Boulder Medical Center
- Boulder Nutrition and Exercise
- Boulder Senior Services
- Care Link Adult Day Program
- Center for People with Disabilities (CPWD)
- Clinica
- Complete Home Health Care
- Cultivate
- Dental Aid
- Elevate Home Care
- Emergency Family Assistance Association (EFAA)
- Envision Skills Center
- Erie Active Adults
- Estes Park Home Care
- First Light Home Care
- Good Samaritan Medical Center
- Home Helpers
- Lafayette Senior Center
- Longmont Senior Services
- Longmont United Hospital
- Louisville Senior Services
- Mental Health Partners
- Nederland Area Seniors
- OUR Center
- Rocky Mountain Legal Center
- Salud
- Sister Carmen
- Solera Health
- UCHealth
- Emergency Family Assistance Association (EFAA)
- Via Mobility Services
- Weld County Area Agency on Aging
- Weld County Area Agency on Aging
- West County Area Agency on Aging
- West County Area Agency on Aging
- White Plains Homecare
- Young at Heart

Area Agencies on Aging (AAA) 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 federal and state groups, and local AAAs. There are currently over 600 AAAs across the U.S.

Funding

The AAA is funded through county government funds, state and federal government grants, private grants, contract revenue, and corporate and individual contributions. We are fortunate to be able to augment these funds 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 quality of services for our community.

Aging of Boulder County’s Population

![Graph showing the aging population of Boulder County](image)

- 65,000+ Boulder County residents are 60 years or older
- 15,000+ Residents 60 years or older live alone (est.)
- 26% Of residents will be 60 years or older by 2050

Revenues

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Expenses

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ANNUAL REPORT

![ANNUAL REPORT COVERS](image)

2018

Generating a Lifetime of Opportunities

Area Agency on Aging

Area Agency on Aging

COMMUNITY ACTION PROGRAMS

COMMUNITY JUSTICE SERVICES

HEAD START

HEALTHY YOUTH ALLIANCE

STRATEGIC INITIATIVES

WORKFORCE BOULDER COUNTY

Information & Assistance for Ageing Well
303-441-1617

www.BoulderCountyAging.org
Independence
The Boulder County Area Agency on Aging funds and delivers an array of services that promote and encourage aging well in the places we call home. The Area Agency on Aging helps people of all means, backgrounds and abilities connect and engage with their communities, learn how to navigate and access available services, make more informed choices, and better manage the process of getting older or caring for a loved one.

Who We Serve
Our services are catered to people age 60 and older, adults with disabilities, family and friends caring for older adults, veterans, and professionals who work with older adults. Here's a snapshot of who we served in 2018:

- **Male**: 62%
- **Low income**: 38%
- **Minority**: 12%

15,000+ people served

- 95% of clients attribute our services to helping them maintain or improve their quality of life.
- 88% of clients attribute our services to helping them maintain or improve their independence at home, in the community.

Direct Services in our Community
In partnership with many local organizations, the services we funded and delivered in 2018 include:

- **14,242** rides to grocery stores, appointments, and more
- **3,078** hours of in-home chore and homemaker assistance
- **486** instances of emergency and short-term material aid, including car repairs, hearing aids, rent assistance, and utility assistance
- **913** hours of legal assistance
- **9,552** hours of grocery deliveries, snow removal, and yard work
- **796** hours of mental health counseling
- **6,219** hours of caregiver respite funded
- **750** people attended the annual Caregiving Symposium in May
- **80** caregivers took our National Caregiver Training Program, reporting a doubling in caregiving confidence levels at the end of the course

Wellbeing
We understand that health happens at home and in the community, and we recognize that a little help at home can go a long way toward reducing or delaying negative health outcomes, hospital visits, and long term care stays. All of the services we provide and fund help people manage, maintain, or improve their health and quality of life.

- **90%** of people are more knowledgeable about better eating, and continue to follow their nutrition plan months after a counseling session.
- **95%** of clients attribute our services to helping them maintain or improve their physical health.
- **814** dental procedures helping older adults reduce mouth pain and improve diets.
- **67** lower income older adults are now receiving ongoing preventive dental services.
- **92%** of clients are feeling positive changes in how they feel after receiving ongoing in-home assistance.
- **84%** of clients attribute our services to helping them maintain or improve their quality of life.

Healthy Aging
Our Healthy Aging programs help older adults learn how to take control of their health and wellbeing, and access healthy eating options. We offer evidence-based wellness classes, nutritional education, meals, dental assistance, and more.

- **3,486** calls were fielded by our Resource Options Counselors, a 33% increase from 2017.
- **5,227** referrals were made by our team to internal and external programs and services, a 20% increase from 2017.

LGBT
We recognize the importance of combating isolation and creating connections for the LGBT older adult community through social support groups and educational programs for local professionals:

- **1,000** recipients of our monthly Rainbow Elders e-newsletter
- **125** professionals and community members trained on how to be more responsive to LGBT elders through our Project Visibility class

Advocating for Residents’ Rights
Our Long-Term Care Ombudsmen advocate for the rights of residents living or staying in long-term care and rehab facilities:

- **521** long-term care facility visits and 667 client consultations by our Ombudsmen

Veterans Services
Our Veterans Services Office had **1,128** in-person meetings with and fielded **10,845** calls from veterans and their families to help them navigate and access Veterans Affairs and disability benefits, locate and manage military records, access home and small business loans, and much more.

- **3,144** Medicare education and counseling client contacts, a 12% increase from 2017.
- **90%** of clients are more confident about making Medicare-related choices after taking our class.
- **86%** of clients say that our Medicare services help them maintain or improve their quality of life.

Medicare Education & Counseling
Our Medicare counselors help thousands of older adults understand and navigate their Medicare benefits through classes and individualized consultations:

- **6,552** hours of in-home chore and homemaker assistance
- **796** hours of mental health counseling
- **6,219** hours of caregiver respite funded
- **750** people attended the annual Caregiving Symposium in May
- **80** caregivers took our National Caregiver Training Program, reporting a doubling in caregiving confidence levels at the end of the course

Volunteers
Over 200 people volunteered with BCAA in 2018, contributing over 7,500 hours of service in nearly every area of our work. Across our contracted provider network, an additional **725** people volunteered **19,099** hours in 2018.

Connection
We provide information, education, and counseling on many aging-related topics. The Aging and Disability Resource Center (ADRC) is our front door, where anyone can call, visit online, or schedule appointments with options counselors.

Traffic to our online resource directory, [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org), is growing: