



CELEBRATING 30th ANNIVERSARY

30 Facts about Detroit Area Agency on Aging ***A History of Helping Seniors Live Longer and Healthier Lives***

For the last 30 years, we've been known for feeding thousands of seniors through the Meals on Wheels program. In celebration of our 30th anniversary, we are highlighting 30 facts about DAAA's accomplishments:

1. The Detroit Area Agency on Aging (DAAA) is one of 16 Area Agencies on Aging (AAAs) in Michigan, among 629 in the U.S.
2. Established by the Older Americans Act of 1965, we assist older persons in maximizing their personal independence and dignity.
3. We have matched thousands of older adults and adults with disabilities with services.
4. We employ 85 full-time employees, with support from 16 community service trainees in our Mature Workers program. Some 25 of us are care managers – nurses and social workers. Others are planners, nutrition assistants, health and wellness specialists, information and assistance professionals, accountants, financial analysts, data specialists and more.
5. Our emphasis is on older persons who are frail, low-income and/or minority in the nine communities that make up our service area, known as Region 1-A: Detroit, Highland Park, Hamtramck, Harper Woods and the five Grosse Pointes.
6. Community Access at (313) 446-4444 provides information and assistance from trained and certified professionals to all callers – assessing needs, making appropriate referrals and resolving problems.
7. We arrange for essential home and community-based services to consumers through MI Choice – a program available to the elderly and individuals with disabilities who meet Medicaid Waiver income requirements and nursing facility placement criteria.

8. Through Project Choice (for those not financially eligible for the Medicaid Waiver program), care managers conduct home visits and design a person-centered plan for care, housekeeping and home-delivered meals.
9. We also provide transition services to eligible nursing facility residents who want to live independently again in the community, and we handle everything from initial paperwork to the actual move.
10. We work with local service providers to ensure the delivery of quality services. Currently, DAAA is working with Wayne State University School of Social Work to improve the capacity of funded agencies to provide home and community-based care.
11. DAAA's Nutrition Department administers the federally-funded home-delivered meal program, provides over a million meals each year to seniors and disabled individuals who are either homebound or who visit congregate sites.
12. The agency also raises private dollars to fund home-delivered meals on holidays – days not covered by federal funding. For every \$5 contribution, a homebound senior can receive a hot nutritious meal on Thanksgiving, Christmas, Easter or Labor Day.
13. The Michigan Medicare/Medicaid Assistance Program is administered by DAAA in Region 1-A to assist beneficiaries with information on their insurance coverage, and "Extra Help" programs for prescriptions. Last year, counselors provided one-on-one assistance to over 6,500 beneficiaries and/or their families. For assistance with this year's Medicare Enrollment period, call (800) 803-7174.
14. DAAA was one of five Michigan AAAs awarded a three-year grant from the Administration on Aging (AoA) to offer evidence-based health promotion programs. The two programs are PATH and EnhanceFitness. In six weekly PATH workshop sessions, participants discover the steps they can take to manage chronic conditions and improve their own health. EnhanceFitness combines the three key components of fitness: strength training, flexibility and cardiovascular conditioning. An additional grant from AoA is focused on diabetes management and prevention.
15. With 10,000 baby boomers reaching retirement age everyday, DAAA is leveraging existing resources, including senior centers and health-care programs, to create neighborhood-based wellness centers. These centers will provide preventive health information in a setting designed to nurture lifestyle changes.
16. Many consumers learned about healthy aging through the Healing Zone, a faith-based initiative administered by DAAA. Through this initiative, a number of congregations held regular sessions on health topics that met the needs of their participants.
17. DAAA has partnered with Michigan State University to provide coupon books valued at \$20 each to eligible seniors for Senior Project FRESH – a program to provide nutrition education, food demonstrations and access to fresh produce at local farmers' markets.

18. Grandparents raising grandchildren get support through DAAA with regular support group meetings and the annual Michigan Kinship Care Conference and Grandfamily Reunion. The conference, designed for professionals and kinship caregivers, is held in September and covers medical, legal, social service and educational issues faced when grandparents and other relatives assume parenting roles.
19. DAAA has worked hard to increase supports to grandparents raising grandchildren, and last year brought a victory: Public Act 260. Based on Senate Bill 170, the Act gives grandparents, court-appointed guardians, and relative caregivers the same monthly support payments given to foster parents.
20. Adults over the age of 55 who need additional skills to re-enter the workforce are part of DAAA's Senior Community Service Employment Program, a dual employment and training opportunity. The program is also called the Mature Workers Program.
21. Our *Dying Before Their Time* study detailed the reasons behind our region's accelerated mortality rate, including poor access to care, delays in seeking care for chronic conditions, and greater health complications.
22. Several recent studies focused on the problems with Detroit nursing homes that include vulnerability to closure and quality care. Results of these studies lead to a \$1.7 million grant to implement the Nursing Facility Enhancement Project.
23. By examining nursing facilities, we've been able to address management, financial, reimbursement and regulation issues. We've also increased training for certified nursing assistants.
24. DAAA's attention to quality long-term care resulted in the creation of the Detroit Long Term Care System Change Task Force. This task force of consumers, industry professionals, local community stakeholders, and select members of the Detroit delegation of the Michigan State Legislature developed policy recommendations designed to promote system reform. The proposed reforms are designed to improve the quality of long-term care supports and services, and many of them are being drafted for proposed legislation.
25. The Long-Term Care System Change Task Force created a Consumer Advocacy Network to further involve consumers and stakeholders in long-term care policy issues. Those interested in advocating for our older adults and individuals with disabilities should call DAAA.
26. Advocates for seniors want to see more affordable housing choices, and DAAA's Residential Development Services is in place to direct consumers to available options that help them maintain their independence.
27. One of DAAA's special events demonstrated effective outreach to older adults last year, and it received recognition from the U.S. Administration on Aging. It was the 2008 "Healthy Hearts: Women's Cardiovascular Health Awareness Forum," and it won designation for DAAA as a Program Champion.

28. We broadcast a weekly, 60-minute radio show at 10 a.m., Saturday mornings, on 107.5 FM, WGPR – *The Senior Solution*. The program is utilized for education and information dissemination. We focus on issues of concern to seniors and their caregivers. In the process, we help build the health, wellness and long-term care “literacy” of consumers and health professionals alike.
29. Over the years staff has picked up the momentum of raising funds for our Holiday Meals on Wheels program and recently has out paced outside solicitors; by raising enough dollars to sponsor at least one holiday over the past five years.
30. We’re a committed team of compassionate and caring hearts. In many ways, we’re the caregivers for a very vulnerable population.

Over the next 30 years, we’ll be known for changing the long-term care landscape for older adults, disabled individuals and their caregivers. At the same time, we want all older adults to understand, anticipate and plan for their own long-term care. We want all consumers in our region to know and explore options for every season of their lives. And, most of all, we want individuals of all ages to invest in healthy lifestyle changes that will extend their years.

**Together, these are the ways we fulfill the message –
“Live Today for a Better Tomorrow!”**



For information contact the Detroit Area Agency on Aging  (313) 446-4444