

City of Alexandria, Virginia

MEMORANDUM

DATE: APRIL 9, 2007

TO: THE HONORABLE MAYOR AND MEMBERS OF CITY COUNCIL

FROM: JAMES K. HARTMANN, CITY MANAGER

SUBJECT: BUDGET MEMO #45: ADDRESSING THE CHANGING NEEDS OF ALEXANDRIA'S OLDER POPULATION

This memorandum is in response to Councilman Krupicka's request for information regarding how the budget addresses the growing community need for our senior population and what our future plans to address our expanding senior populations are?

Changing Needs

The population of Alexandria is aging, as is the population of Virginia and the United States as a whole. In 1900 the average life expectancy in the United States was 47.3 years. In 2000 the life expectancy had risen to 76.9 years of age. According to the U.S. Census Bureau, Virginia demographics are expected to change as follows.

Year	% increase in people age 65 and over
2010	25.5
2020	77.3
2030	132.7

Year	% increase in people age 85 and over
2010	55.0
2020	97.5
2030	186.9

The Virginia Department for the Aging estimates that while 14.7% of Virginia's population was aged 60 or over in 1990, almost 25% of Virginia's population will be 60 or over by the year 2025. The number of Virginians age 85 or older will increase at a rate five times faster than the state's total population growth. With increased life expectancies, older women will still continue to outnumber older men, but at a much lower percentage. In 1990 older women outnumbered older men by 42%. This percentage is projected to be only 18% by 2025.

The economics and education of the Baby Boom generation (those born between 1946 and 1964) will likely affect their demand and expectations for services in the future. They are likely to have more disposable income, may continue to be in the work force longer, have a higher education level, and may not embrace traditional retirement. Further, Baby Boomers tend not to identify with the term ‘senior.’ This is reserved for their aging parents, for whom they may well be providing care.

The FY 2008 budget addresses the demand for services by providing \$5.8 million specifically for programs and activities for older Alexandrians. The three departments providing the primary services for seniors are Human Services, Mental Health, Mental Retardation and Substance Abuse, and Recreation, Parks and Cultural Activities. Of course, other City programs and activities serve seniors in the course of their operations.

Program budgets (in millions)	City	Total
DHS		
Adult Protective Services	\$0.4	\$0.6
Companion Services	\$1.4	\$1.8
Long Term Care	\$1.1	\$1.7
Transportation	\$0.5	\$0.6
Residential Long Term Care	\$0.5	\$0.5
Other Aging	\$0.1	\$0.1
Subtotal OAAS	\$4.0	\$5.3
MHMRSA	\$0.3	\$0.3
RPCA	\$0.2	\$0.2
Total	\$4.5	\$5.8

Department of Human Services (DHS)

In total, the Department of Human Services funds approximately \$5.3 million in programs for seniors. The Office of Aging and Adult Services (OAAS) is receiving \$5.2 million in FY 2008, an increase of \$0.2 million or 4.6 percent. (See pages 8-51 and 8-52 of the Proposed FY 2008 Operating Budget.) Attachment 1 details the programs provided by OAAS. In addition, several non-profit organizations providing programs to seniors receive money through the Community Partnership Fund. FY 2007 awards are described in the attachment and total approximately \$107,000. It should be noted that the funding available for grants to non-profits has been increased in the FY 2008 budget by 5 percent, to \$970,666. Attachment 1 describes in detail the programs offered by OAAS as well as the other aging programs funded through the Community Partnership Fund.

Mental Health Mental Retardation and Substance Abuse (MHMRSA)

The Mental Health Mental Retardation and Substance Abuse Department has \$298,401 budgeted for Geriatric Outpatient and Case Management Services. The Geriatric Team provides comprehensive mental health and case management services to Alexandria residents over 60 years of age in a manner that promotes quality of life and preserves independence.

Recreation, Parks and Cultural Activities

In FY 2008 there is \$124,450 budgeted for Citywide Senior Programming. The programs offered include the Northern Virginia Senior Olympics, Senior Strength and Conditioning Program, Ft Ward Walking Club, Successful Aging Expo, fishing and getaway trips, a Citywide Senior Holiday Social and Monthly Social Programs at Annie B. Rose and Ladrey Senior Highrises. Citywide Senior Programs serve approximately 4,000 seniors annually. In addition to this funding, staff estimates that approximately \$75,000 is spent serving 1,000 seniors at the 7 neighborhood recreation centers, Chinquapin Center and the Buddie Ford Nature Center on various senior specific programs.

**DEPARTMENT OF HUMAN SERVICES
FY 2008 OFFICE OF AGING AND ADULT SERVICES PROGRAMS**

Adult Protective Services

City Cost: \$414,209

Total Cost: \$588,507

A program designed to protect seniors and disabled adults over the age of 18, from abuse, neglect and financial exploitation. All reports of suspected abuse, neglect and exploitation are investigated. The City's Office of Mental Health jointly serves a large percentage of these cases.

Number of clients served: An average of 22 new referrals are received each month, with approximately 192 ongoing cases per month.

Companion Services

City Cost: \$1,407,523

Total Cost: \$1,862,866

In-home assistance to seniors and disabled adults with incomes at 50% of poverty level (70% of the poverty level for those at risk for institutionalization), with food preparation, laundry, shopping and activities of daily living.

Number of clients served: Approximately 325 per month.

Community Based Long Term Care Services

City Cost: \$1,133,392

Total Cost: \$1,725,591

**This includes \$15,000 awarded to Senior Services of Alexandria for the Meals on Wheels program and \$44,393 awarded to St. Martin de Porres for the senior center through the Community Partnership Fund in FY 2007. If they are not awarded funding in the FY 2008 Community Partnership Fund, the City cost will decrease to \$1,073,999.*

Community Based Long Term Care Services provides resources and services to seniors aged 55 and over in order for them to maintain their highest level of independence and remain safely in the community. It includes the following programs.

Adult Day Health Services

A medical model adult day care, including medication monitoring, socialization, recreation, nutrition and personal care for City of Alexandria seniors, age 55 and above, who have physical limitations, chronic medical conditions or some form of mental impairment.

Number of clients served: 20 per day

Information and Referral Services

Telephone assistance and in-person assistance to individuals seeking services or resources. Requests for information and resource materials are provided by telephone and/or by mail to persons requesting information or in-person to individuals coming into the Department of Human Services. The most frequently requested information is for employment, housing, financial assistance, transportation and disability services.

Number of clients served: The Information and Referral Specialist receives approximately 185 calls per month. Approximately 300-400 additional calls/month are received by social workers in the Office of Aging and Adult Services.

Home Delivered Meals

Home delivered meals on wheels and home delivered liquid nutrition for seniors who are home bound and who meet the requirements of the Virginia Department of Aging guidelines. A physician's order is required to demonstrate medical necessity for the liquid nutrition program.

Number of clients served: 100 meals on wheels clients and 35 liquid nutrition clients.

Congregate Meals and Nutrition Counseling at Senior Center Sites

Daily hot meals provided at two senior centers (Charles Houston and St. Martin de Porres) for seniors 60 and above. The Charles Houston center is operated by the Alexandria Rehabilitation and Housing Authority (ARHA). The program at St. Martin de Porres is operated by Catholic Charities of the Diocese of Arlington. The City has a contract with each organization to provide congregate meal services.

Nutrition Counseling

Oversight of the meals served at the congregate meal sites and at the Adult Day Health Services center to insure compliance with the Virginia Department of Aging and the United States Department of Agriculture requirements.

Number of clients served: An average of 12-14 seniors served per day at Charles Houston and 65 seniors served per day at St. Martin de Porres.

Legal Services

This is a joint program between the City of Alexandria and Arlington County who contract with Legal Services of Northern Virginia to provide legal services to seniors age 60 and over, with preference given to low income seniors. Funds are received from the Virginia Department of Aging.

Disease and Health Promotion

Exercise and health promotion programs are held several times each month at the senior centers and at the Adult Day Care facility and conducted by outside contractors. Funding is received from the Virginia Department of Aging and is supplemented by the City of Alexandria when needed.

Long Term Care Coordination

The Office of Aging and Adult Services convenes senior service providers in northern Virginia at bi-monthly meetings with the goal of sharing information and advocating for services to seniors.

Transportation Services

City Cost: \$537,795

Total Cost: \$571,585

The *Senior Taxi program* provides seniors age 60 and above in-town taxi trips for medical appointments and grocery shopping and trips to medical appointments within a 5-mile radius of the City, using a contracted cab company.

The *Special Transportation Unit* transports groups of seniors to the two senior centers, with 2 morning and 2 afternoon trips to and from each center. The Unit also takes groups of seniors to shopping malls, grocery stores and on various outings on a daily basis.

Number of clients served: The Senior Taxi provides an average of 940 in-town taxi trips per month and an average of 260 trips outside of the City for medical appointments. The Special Transportation Unit provides approximately 244 senior trips per month.

Residential Long Term Care Placement and Assistance

City Cost: \$490,744

Total Cost: \$523,324

Long-term screenings: For admission to any nursing home/assisted living facility or a Medicaid Personal Care or Community Based Care Waiver, individuals must be evaluated by a social worker and a public health nurse. This program evaluates the individual's medical needs and activities of daily living needs and determines the eligibility for Medicaid coverage.

Birmingham Green: An Assisted Living and Nursing Home facility jointly owned by the City of Alexandria and four other jurisdictions.

Number of clients served: Approximately 100 clients per year are screened for Medicaid Waiver programs and approximately 20 individuals per year are placed at Birmingham Green.

Other Aging Services

Northern Virginia Long Term Care Ombudsman Program

This program is a joint venture with 5 northern Virginia jurisdictions (the City of Alexandria and the counties of Arlington, Fairfax, Prince William and Loudon) that provides oversight and advocacy for residents in nursing homes and assisted living facilities. The program also provides dispute resolution for residents and families with the staff of facilities and provides consultation to the facility administrators. The cost of this program was \$31,532 in FY 2007.

Virginia Insurance Counseling and Assistance Program

This is a joint program between the City of Alexandria and Arlington County, designed to assist seniors with problems/issues related to Medicare, Medicaid or long-term care insurance. Alexandria's share of this program was \$15,000 in FY 2007 funded through the Virginia Department for the Aging and sent directly to Arlington County.

Senior Employment Program

This program is operated by Senior Services of Alexandria and is designed to match seniors who are seeking employment with jobs. It is also a venue in which seniors who are seeking someone to help in their homes may find a senior to employ. This program was awarded \$20,000 through the FY 2007 Alexandria Community Partnership Fund.

Metropolitan Washington Ear

The Washington Metropolitan Ear operates a radio reading and dial-in newspaper and magazine reading service for blind, low vision and print-disabled Alexandrians. People who have a disability related to the inability to read a daily newspaper or a magazine sign up with The Ear, and are able to receive by radio, or through dial-up telephone, the daily and weekly news. This program received \$4,000 through the FY 2007 Alexandria Community Partnership Fund.

Retired Senior Volunteer Program (RSVP)

RSVP provides older adults, aged 55 and older, opportunities to continue to be active contributors to community life, regardless of age, income, education, or skills. In addition, RSVP also provides the expertise of older volunteers as valuable offerings to support the municipal agencies and non-profit organizations within the City. This program received \$36,000 through the FY 2007 Alexandria Community Partnership Fund.