

Rural Practice & Policy Issues

A down-home approach to aging in the heartland



Is rural APS was a thing of the past?

- Where are we going?



The area I call home has been subject to storms & flooding.



Weather related Issues

- August 18, 1983 – Hurricane Alicia
- The October 1994 Floods were the deadliest Southeast Texas weather event since 1983's Hurricane Alicia.
- June 5, 2001 – Tropical Storm Allison
- September 23, 2005 – Hurricane Rita
- September 13, 2008 – Hurricane Ike
- October 2012 – Dayton Cowboy dies trying to rescue cattle from riverbottom
- May 31, 2015 - Flooding forces cattle drive through Liberty County town
- Major flooding throughout Liberty County in 2016.
- August 25–28, 2017 – Hurricane Harvey



Reliance on local, state and federal agencies



Services not available?



WHERE'S THE BEEF?

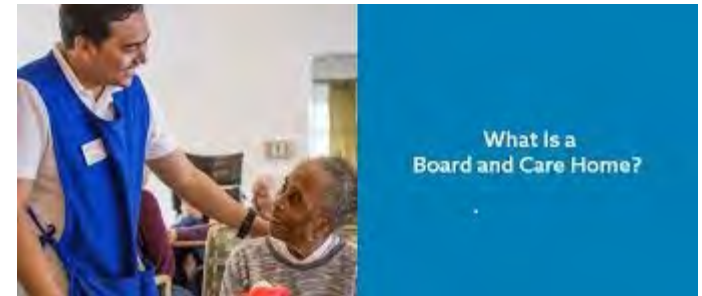


Agencies

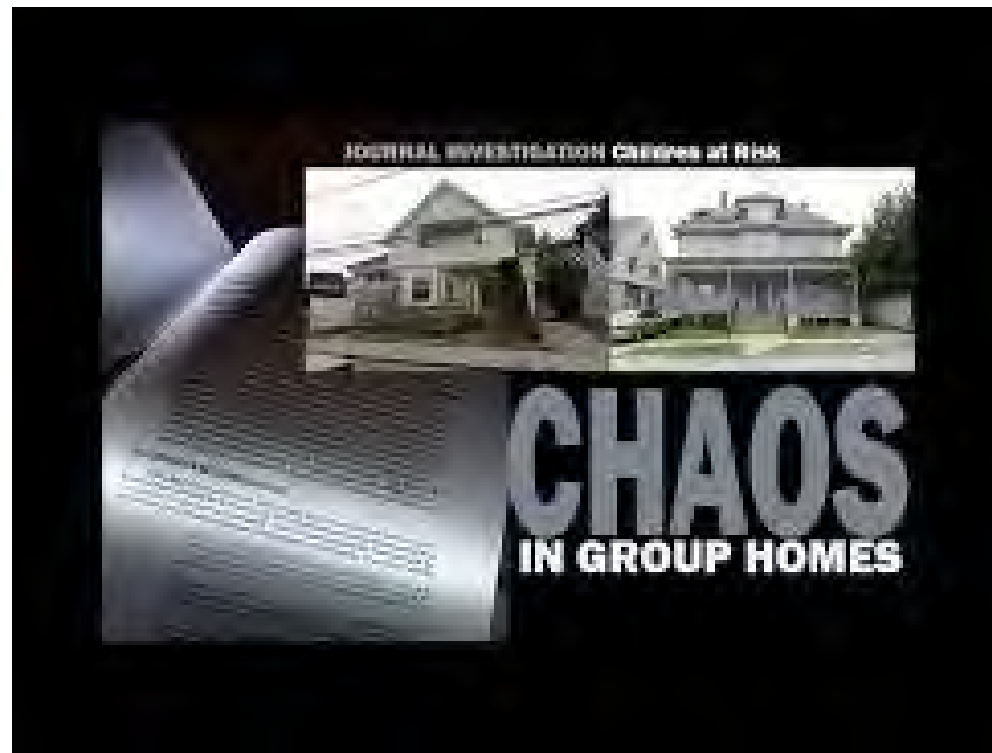
- FEMA
- USDA
- SPCA
- HHS
- WORKSOURCE
- REHAB COMMISION
- EMS/FD/LE/SO
- MOW/GRACE INITIATIVE



Unlicensed/Unregulated group homes/board & care



The caring for elderly & disabled adults in a group home setting poses systemic problems that could put those at-risk individuals in peril.



Unsafe anywhere if not done right!

- **Group home closures, other chaos for Peoria's disabled adults**
Peoria Jan 12, 2019
- **DHS group homes are riddled with assault, crime and chaos, officials claim**
Oklahoma City Apr 2, 2017
- **Set up to be safe havens, some group homes for the disabled have become remote "prisons," where residents are vulnerable to violence and neglect**
Minnesota NOVEMBER 9, 2015
- **Congress to Consider Scaling Down Group Homes for Troubled Children**
Washington DC May 20, 2015

Nursing Home Closures In Rural Areas

- On the other hand, there are Nursing Home Closures In Rural Areas due to lack of support
- This leaves vulnerable residents with few options
- It had become common for nursing homes in the “country” to close due to empty beds & money troubles



Aging in place

Rural Americans seek to age in their own homes



Aging Infrastructure

- HAC - The **Housing Assistance Council** is a national nonprofit organization that helps build homes and communities across rural America <https://youtu.be/EwSJF6UQ7tc>
- Funding Available for Home Repairs through **USDA Rural Development 504 Loans**
www.rd.usda.gov



What does your “rural” Look like?



Green Acres is the place to be?



Farm Living is the life for me?



Land spreading out so far and wide?



Near Manhattan but yet there is
country side?





Developing partnership with entities with a presence your areas

- Community partnerships & collaborative efforts
- Church/Faith Based Organizations
- Child Welfare Board/CPS
- Healthcare Coalition
- G.R.A.C.E. Initiative (Greater Respect for the Aging through Community Effort)
- Texas A&M AgriLife Extension Services
- Health Fairs/Community Resource days

The Secret of Success!

- balancing services throughout region – Health Care Coalition, Community Service Organizations (Optimist, Lions, Rotary, Jaycees) Faith Based
- Tailoring solutions



Abuse & Neglect

- Removals
- Medical
- Working with Law Enforcement
- recognizing, evaluating & alleviating situations that are potentially dangerous no matter where they occur
- Courts/Guardianships





Other local resources

- Neal Diamond – Home rebuilds after Hurricane Rita
- Barbara Lang – Assistance for the Homeless & repairs/rebuilds grants
- Church help – Meals during storms, home repairs/rebuilds, clothing, shelter
- Law Enforcement Agencies, EMS
- Emergency Management
- Local Radio Stations
- Friends in deed
- Courts, Legal Aide, guardianships
- School Districts



Resources found on www.aginginplace.org

Guide 1. National Council On Aging

- Known as both a respected national leader and trusted association dedicated to helping people aged 60+, the National Council on Aging works with nonprofit organizations, governments, and businesses in order to provide community programs and services. This is a great place to find what senior programs are available to assist with healthy aging and financial security.

2. AARP

- The AARP is a nonprofit, nonpartisan organization whose focus is helping people 50 and older to improve the quality of their lives. Its website hosts helpful information to seniors around topics such as healthy living, senior discounts, products and news specific to seniors. In addition, there is the AARP Foundation.
- The AARP Foundation is AARP's affiliated charity that works to assist low-income seniors in getting the necessities of life such as nutritious food, affordable housing, a steady income, and social integration. Volunteers, legal advocates, and organizations come together create effective solutions for older adults who may be struggling.

3. Programs of All-Inclusive Care for the Elderly (PACE®)

- Programs of All-Inclusive Care for the Elderly (PACE®) assist people who are age 55 or older by providing and coordinating all the types of care a senior living at home might need such as medical care, personal care, rehabilitation, social interaction, medications, and transportation. PACE can be contacted by calling 1-800-MEDICARE; TTY users should call 1-877-486-2048 or visit their website.

4. Eldercare Locator

- Eldercare Locator is a great resource for seniors. As a free national service of the US Administration on Aging (AOA) and an initiative of National Association of Area Agencies on Aging (n4a), it helps find local resources available to seniors such as legal and financial support, caregiving services, home repair and modification, transportation and more.
- You can contact the Eldercare Locator by calling 800-677-1116 or by visiting their website.

5. Area Agencies on Aging (AAA)

- Area Agencies on Aging is a network of over 620 organizations across America servicing local seniors (60+). Most of the agencies serve a specific geographic area of several neighboring counties, although a few offer services statewide. Each Area Agency on Aging provides valuable information and assistance with programs that can help seniors.

Many Of The Typical Programs In Each Area Include:

- Nutrition and meal programs (counseling, home delivered or group meals)
- Caregiver support (respite care and training for caregivers)
- Information about assistance programs and referrals to administrators
- Insurance counseling to seniors (to help understand and maximize the benefits of their insurance such as Medicare)
- Transportation (information about coordinated shared, non-medical transportation services)
- In addition, several agencies can assist families to complete applications for programs such as Medicaid, respite care, and certain veterans' programs. As well, they may also have case management services to seniors in the area.
- The National Association of Area Agencies on Aging has a website where you can find the location of your local AAA.



Resources found on www.aginginplace.org

6. National Institute on Aging

- The National Institute on Aging (NIA) is under the National Institute on Health and is actively dedicated to conducting research on aging as well as the health and well-being of older individuals.
- The NIA is an important resource when it comes to health topics for the elderly and has helpful information and news regarding the nature of aging and the aging process, as well as diseases and conditions associated with growing older.
- The NIA also runs a program called Go4Life, which is a great tool for seniors at home in starting an exercise and physical activity routine. It's designed to help adults 50+ incorporate exercise and physical activity into their daily lives by providing helpful information, videos, and tips.

7. Meals on Wheels

- Meals on Wheels known to most people is a meal program across America. In fact, it operates in just about every community, through more than 5,000 independently-run local programs. Each community runs its Meals on Wheels based on the needs and resources of their communities, but they are all dedicated and focused on providing seniors with nourishing and healthy meals in their own homes.

8. Health Finder

- Healthfinder is a service under the U.S. Department of Health and Human Services. This website provides links to helpful health-related websites, support, and self-help groups, in addition to as government agencies and nonprofit organizations that assist seniors.

9. Guide to Long-Term Care for Veterans

- For senior veterans living at home and enrolled in the VHA health care system, the Guide to Long Term Service and Supports can provide helpful guidance to resources and information about long-term care.
- Their website explores the various home and community-based and residential care available to aging veterans. It provides information on available programs, as well as helpful tools, and information about how to stay healthy as you age.

10. The National Directory of Home Modification and Repair Resources

- The National Directory of Home Modification and Repair Resources is a useful resource when it comes to finding qualified local services and professionals that can help you modify and renovate your home. At some point, seniors aging at home will need to make adjustments to allow for better mobility and access as part of ensuring a safe and practical home environment.
- In 1990, a nationwide survey of state and local agencies, organizations, and professionals was conducted to create this list and since that time hundreds of professionals in home repair and modification have been added. On their site, they specifically state that the list is for informational purposes and individuals must use their own caution and judgment when using these resources.