



## **Programs and Services**

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**CENTRALINA**  
Area Agency on Aging

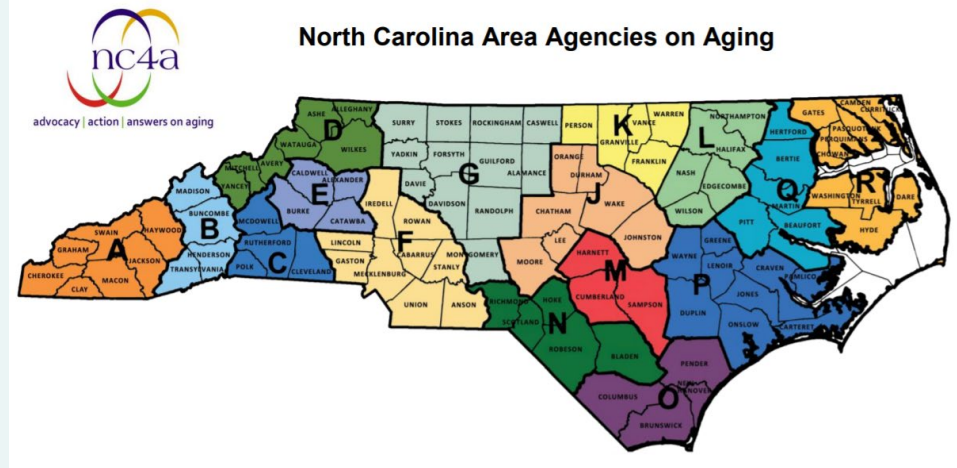
# No Disclosures

# Objectives

- Identify the direct and indirect services provided to older adults and adults with disability that address SDOH

## 16 AAA in North Carolina

# Who Are We?



# Older Americans Act

## Funding Flow

- **Federal**  
Administration on Community Living
- **State:**  
NC Division of Aging and Adult Services (DAAS)
- **Regional:**  
Centralina Area Agency on Aging
- **Local:**  
Contracted Service Providers



# Family Caregiver Support

- Information & Assistance
  - Resource consultation
  - Disaster preparedness planning
- Respite Care
  - In-home, day programs
- Caregiver Support
  - Educational support programs
- Supplemental Services
  - Incontinence supplies
  - Home modifications
  - Liquid nutrition supplements
  - Handyman services

# CARES Act Funding – FCSP

- Transportation
  - Uber fare
  - Gas card
- Food Supplies
  - Grocery store or restaurant gift card
  - Meal prep services
  - Emergency food box
- Financial Support
  - Bill payment
  - Hearing aids
  - Vision enhancement tools
- Trualta
  - Virtual platform
- Practical content related to caregiving
  - What is a Power of Attorney
  - How to lift and transfer
- No charge to access

# Senior Nutrition Service Program

- Congregate Meal Programs
  - Community setting
  - Socialization
  - Nutrition education
- Home Delivered Meals
  - For home bound seniors
- Farmers Market Nutrition Program
  - Coupons to low-income congregate nutrition program participants





# CARES Act – SNSP

- Congregate home meal delivery
- Congregate grab-n-go meal
- Home delivery of 5 meals
- Emergency food boxes

April 2020 - 13,249 Meals  
Jan 2021 - 21,519 Meals



# Living Healthy Workshops

## MODEL

- Peer led following a scripted manual
- Peer support
- Promote behavior change to improve self-management of health condition

## OUTCOMES

- Improved health care behaviors
- Improved health care outcomes
- Increased self efficacy in managing chronic conditions



Ahn, S., Basu, R., Smith, M.L. *et al.* *BMC Public Health* **13**, 1141 (2013). <https://doi.org/10.1186/1471-2458-13-1141>

# Diabetes Self-Management Education and Support

## MODEL AND GOALS

- Individual assessment
- Group education and support
- Increased self efficacy
- Behavioral change

## OUTCOMES

Reduced per capita health care costs associated with diabetes

Increased QOL and decreased mortality



Diabetes Care 2020 Jul; 43(7): 1636-1649. <https://doi.org/10.2337/dci20-0023>

# DSMES Services

- June 2019 – July 2021
- Two in-person services
- Two virtual services
- One telephone service
- Ongoing yearly DSMES service
- Comorbidities
  - Sickle cell disease
  - Parkinson's disease
  - Chronic kidney disease
  - Neuropathy
  - Cancer
- Data Collection
  - One Year – avg 4.5% weight loss
  - DDS – lower at 6 months
    - slight increase at 1 year

# THANK YOU

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