

**M4A**

# Empowering and Supporting Older Montanans to Age Well

**Area Agencies  
on Aging  
in Action**





# Presentation and Panel

- The Older Americans Act
- Area Agencies on Aging, the Aging Network, and M4A
- Aging in our State
- Serving Older Montanans
- Funding
- Takeaways

**Panel: AAA Directors  
examine challenges,  
highlight successes,  
and explore new  
opportunities**



# Older Americans Act (OAA)

Originally passed in 1965, the OAA is up for reauthorization in 2024.

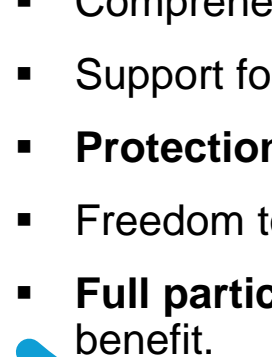
The OAA promotes the **health, independence, and dignity** of people aged 60 and older through:

- coordinated planning, driven by local input and needs, and
- delivery of a wide range of home and community-based programs and services.



# Older Americans Act: Now More than Ever

**“The Congress hereby finds and declares that, in keeping with the traditional American concept of the inherent dignity of the individual in our democratic society, older people of our Nation...are entitled to the full and free enjoyment of”**

- An adequate **income** in retirement with **health, honor, and dignity** after years of contribution to the economy.
  - The best possible physical and mental **health**.
  - Choosing, obtaining and maintaining suitable, affordable **housing**.
  - Opportunity for **employment** without age discrimination.
  - Comprehensive and efficient **community-based services** to age at home.
  - Support for **family caregivers**.
  - **Protection** against abuse, neglect and exploitation.
  - Freedom to plan and **manage their own lives**.
  - **Full participation** in the planning and operation of community-based services and programs provided for their benefit.
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# An Affordable Option

OAA services are one of the only sources of subsidized support for older adults who aren't eligible for Medicaid but cannot afford to private pay for the help they need to age at home.



## Beyond Services: **Advocacy**

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For individuals

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For policies and programs

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For systems change

# Beyond Services: Culture Change

1 in 2 people are ageist against older adults

Negative stereotypes are internalized by age 3

## Our Charge

- Empower and uplift older adults
- Support and highlight older adults' contributions
- Combat negative stereotypes
- Amplify older adults' voices
- Demonstrate and advocate for inclusion



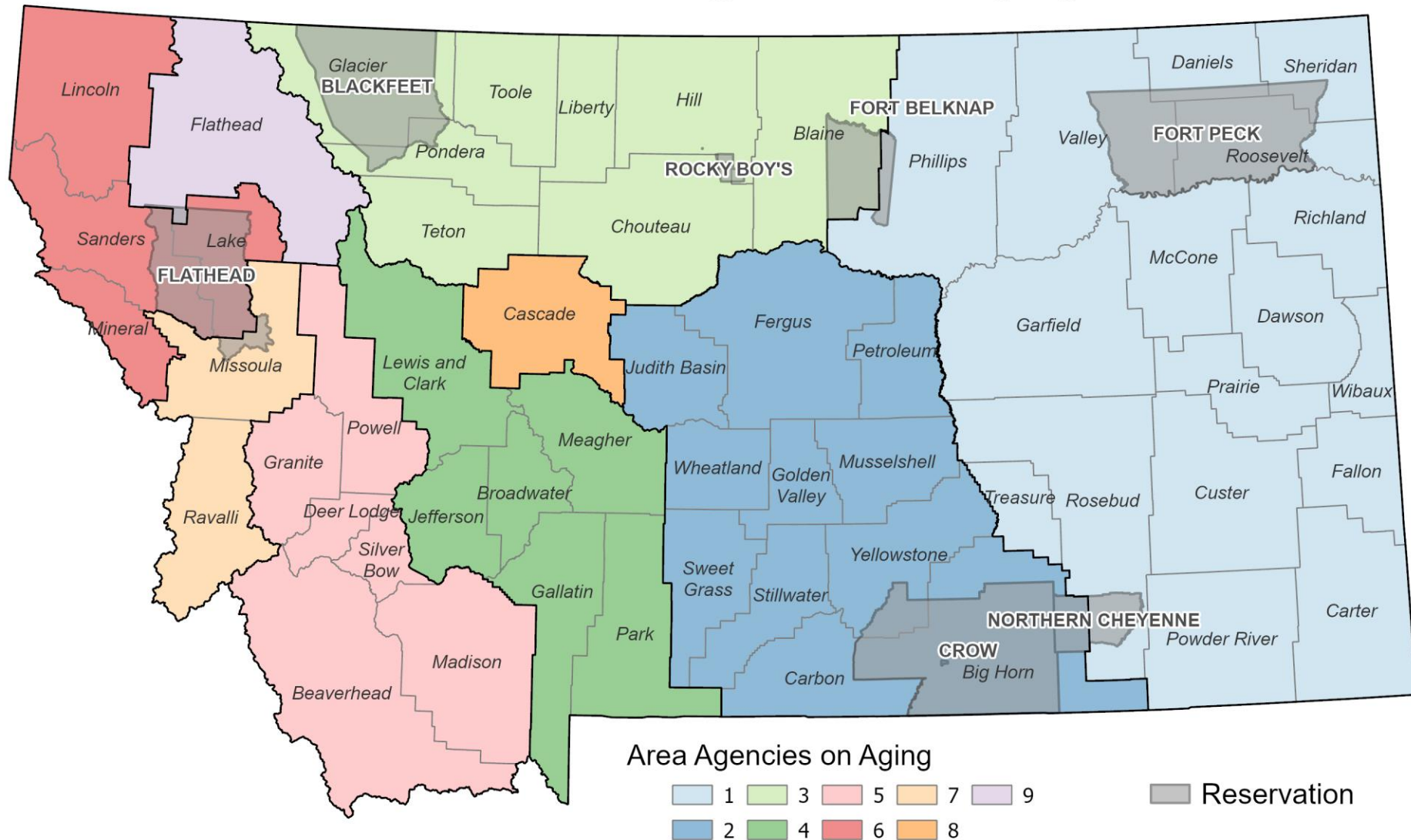
# The Aging Network

- The Administration for Community Living (ACL)
- 56 State Units on Aging
- More than 600 AAAs
  - **USAging** Leaders in Aging Well at Home
- More than 270 Title VI Native American Aging Programs
- More than 20,000 service providers, CCOAs and Senior Centers
- **Volunteers!**

# Area Agencies on Aging (AAAs)

- Part of the OAA and the national “**Aging Network**”
- Designated by states to plan for, oversee, and deliver **Older Americans Act** services
- Serve a specific geographic Planning and Service Area (PSA)
- Mix of public and nonprofit entities
- Contract with local providers and/or provide services directly, depending on available infrastructure and needs
- Offer non-OAA services and programs to help people age at home, connect to others, and engage in community life

# Montana Area Agencies on Aging



# No Wrong Door

- AAAs are **Aging and Disability Resource Centers (ADRCs)**
- **Independent Living Centers and other Community Partners**
- **Montana**
  - 1-800-551-3191
  - [Montana.my-adrc.org](http://Montana.my-adrc.org)
- **National Eldercare Locator**
  - 1-800-677-1116
  - [eldercare.acl.gov](http://eldercare.acl.gov)

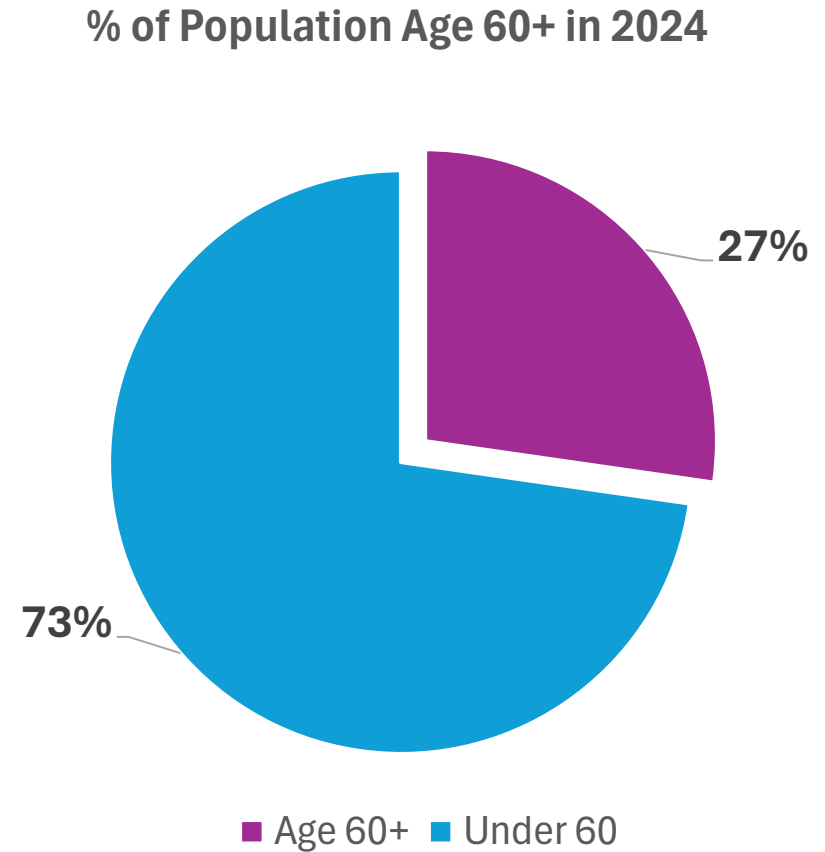
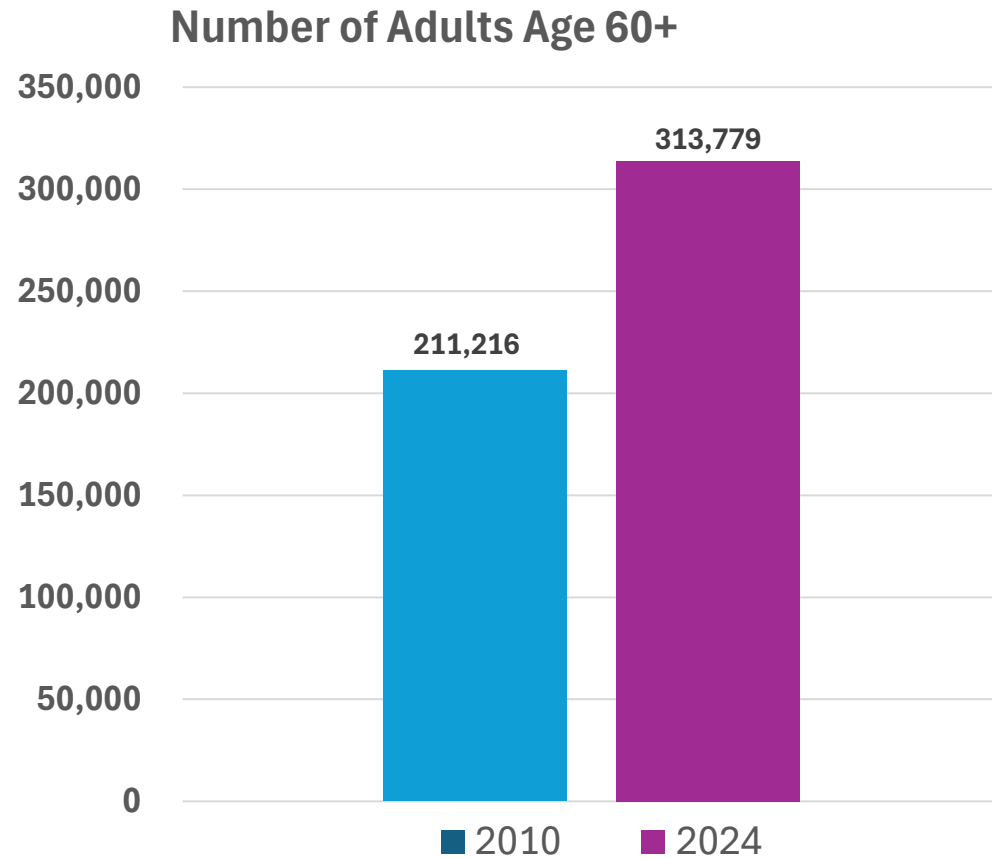


# Montana Area Agencies on Aging Association



- Represents the **9 Area Agencies on Aging** in Montana
- Advocates for funding, policies, and programs that:
  - **enable older adults to age with dignity, health, and security in their homes and communities**
  - **support family and friends to care for older loved ones**
  - **Prevent or delay costly facility-based care**
- Opposes legislation, rules, and policies that would negatively impact older adults

# Older Montanans



# OAA Core Services



# Montana AAAs and Partners

## Provide a wide-range of OAA services and more:

- **Nutrition** - Home-delivered Meals (Meals on Wheels) and Congregate Meals at senior centers and other community sites
- **Information and Assistance** - Help to access public benefits and community services
- **Medicare Counseling** – New to Medicare education and unbiased help with Open Enrollment
- **Supportive Services** – Help to age at home, such as Homemaker/Home Chore, Personal Assistance, Transportation, Home Modifications, etc.
- **Caregiver Support** – Respite, support groups, and education
- **System Navigation and Case Management** for people with complex needs, such as dementia
- **Social and Community Engagement** – Senior Centers, senior companions and **volunteer opportunities**
- **Long-term Care Ombudsman** - Advocacy for residents of nursing homes and assisted livings
- **Evidence-based Health Promotion Services** (like falls prevention)
- **Veterans Services**

# Person-Centered





# FY 24 Service Impact



**1,040,206**  
Home-delivered Meals



**591,891**  
Congregate Meals



**64,818**  
I&A Contacts



**33,935**  
Homemaker Hours



**10,941**  
Respite hours

# Eligibility and Costs

**60+, family caregivers, people with disabilities**

**Not income-based, but focus on those with most economic and social need**

**Donations and sliding fee scale**

**Non-OAA programs and services may have different eligibility criteria or other costs**



# When you've seen one AAA ...you've seen one AAA!

Every AAA, and every Area, is different.

Not all services are offered in all parts of the state, or in the same way across the state. Sometimes services vary within Areas.

Needs can drive differences, but funding and infrastructure are primary constraints, especially in rural areas.

# Area Plans on Aging

- Each AAA engages in an assessment and planning process every four years to decide how to best meet local needs.
- AAA Advisory Councils, the public, partners, clients and other stakeholders give input.
- The written **Area Plan on Aging** is submitted to the State Unit on Aging.
- The State uses information from the Area Plans to create a State Plan on Aging that is submitted to ACL.
- AAAs report annually on Plan progress.



# OAA and State Funding

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All AAAs receive OAA funding budgeted by Congress.

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ACL oversees the OAA grants and distributes funds to states – Title III, Title VI, Title VII (plus SHIP and MIPPA)

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Due to limited population, Montana is a “minimally funded” state, receiving only ½ of 1% of total OAA funds.

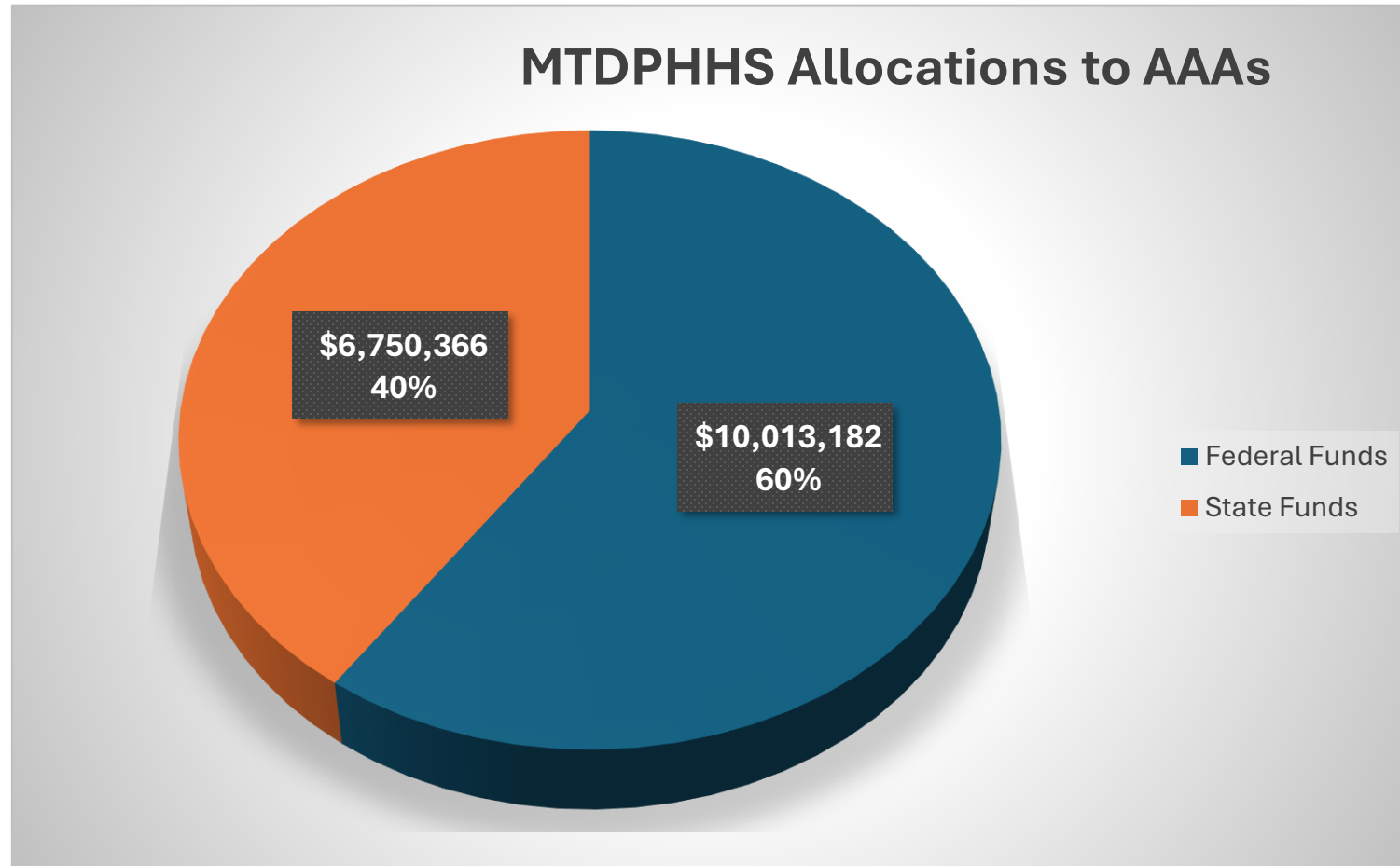
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MTDPHHS contracts with AAAs, allocating OAA funds as well as state funds approved by the legislature.

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State allocations are based on a formula approved by ACL that accounts for the number of adults aged 60+ in each area, income, minority status, and rural location.

# FY 24 OAA and State Funding

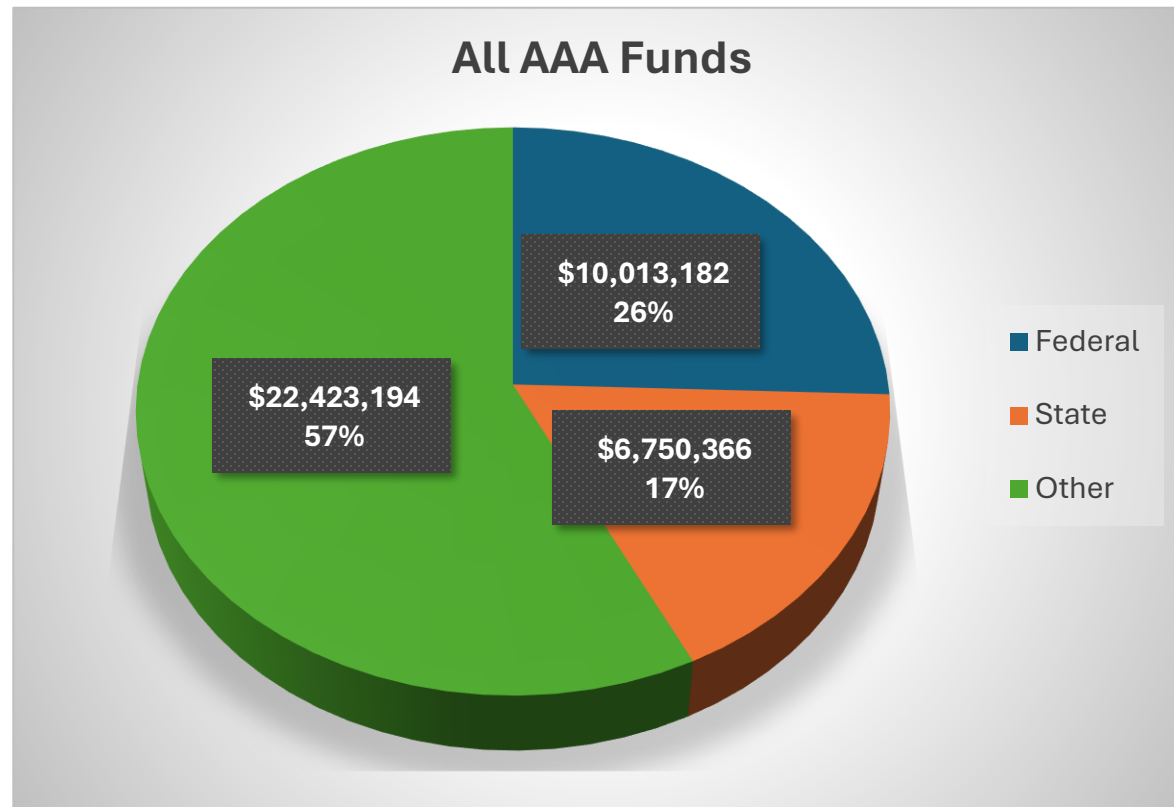


# Other Funding

- Federal and state dollars are foundational for AAAs, but the needs far outweigh the funding.
- AAAs and partners must secure additional resources, including:
  - **Other federal funds**
  - **City and county funds**
  - **Client contributions**
  - **Fee-for-service contracts**
  - **Private grants**
  - **Fundraising**



## FY 24 All AAA Funds



- Some of the other funds are used to support Older American Act services
- Many of the other funds are for specific programs and aren't available to spend on Older Americans Act services

# Three Takeaways

**AAAs and the Aging Network provide critical Older Americans Act and other services that help older adults age in their homes and communities and support family and friends to care for aging loved ones.**

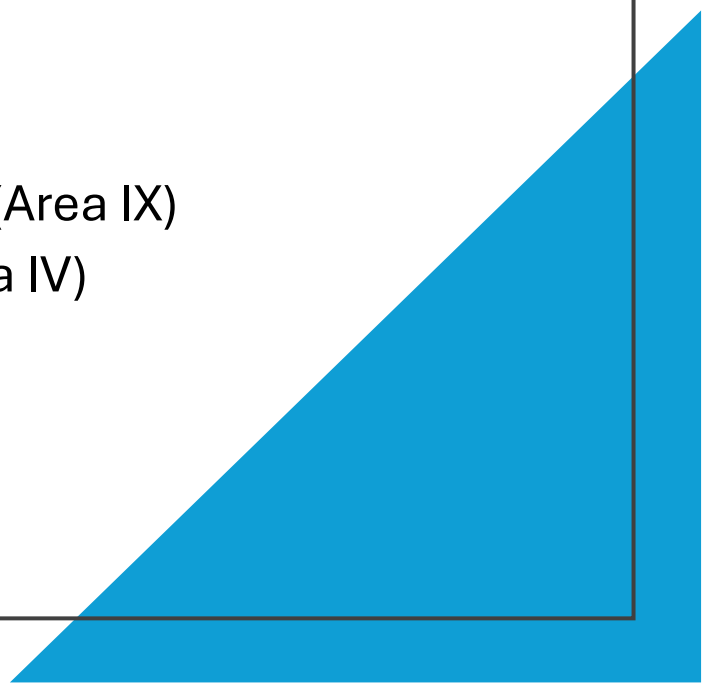
**AAAs advocate for funding, policies and programs that support everyone to age well, and avoid costly institutional care.**

**The Aging Network is leading the charge to change the narrative on aging and combat ageism.**

# Panel Discussion

**Moderator:** **Lori Thibodeau**, Executive Director, Western Montana Aging Services (Area VI)

**Panelists:**

- **Carla Dymont**, Director, Flathead County Agency on Aging (Area IX)
  - **Jim Marks**, Program Director, Rocky's Agency on Aging (Area IV)
  - **Lisa Sheppard**, CEO, Missoula Aging Services (Area VII)
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# Panel Discussion

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Briefly describe your AAA.

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Can you share a success story?

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What do you think concerns older Montanans the most?

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What are the biggest challenges facing the Aging Network?

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Can you give an example of an innovative solution at your AAA?

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Where is M4A focusing its advocacy efforts?

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How are Montana AAAs adapting national trends to benefit older adults in our state?



**Questions  
and  
Thoughts?**

**M4A**