DEPARTMENT OF DISABILITY & AGING (DDA)

Programs and Services

TN Department of Disability & Aging

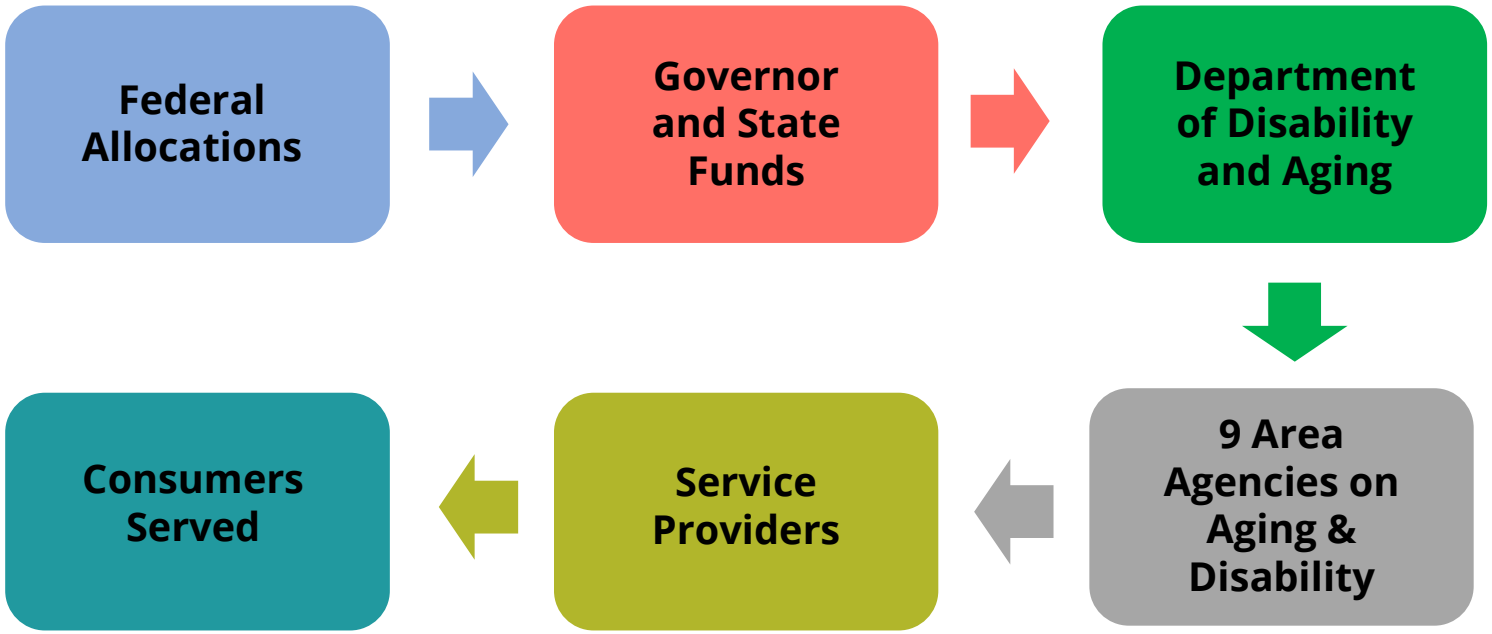
HISTORY

TN Commission on Aging & Disability

- Created by the TN General Assembly in 1963 as Commission on Aging
- State Unit on Aging (SUA)
- In 2001, renamed Commission on Aging and Disability
  - Given authority to serve adults with physical disabilities under 60
- July 2024 – Division of Aging that houses TCAD

TN Department of Disability & Aging

AGING NETWORK



AREA AGENCIES ON AGING & DISABILITY (AAADS)

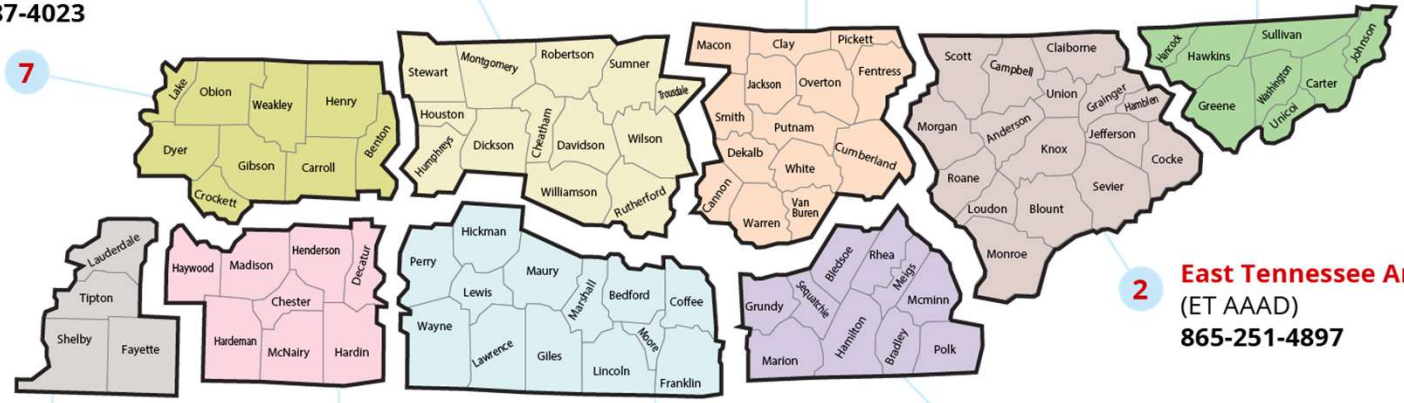
Information & Assistance
1-866-836-6678

Greater Nashville Area
(GNRC AAAD)
615-255-1010

Upper Cumberland Area
(UC AAAD)
931-432-6170

First Tennessee
(FT AAAD)
423-928-3258

Northwest Tennessee
(NW AAAD)
731-587-4023



East Tennessee Area
(ET AAAD)
865-251-4897

Southwest Tennessee Area
(SW AAAD)
731-668-6967

Southeast Tennessee Area
(SE AAAD)
423-424-4256

Mid-South Tennessee Area
(ACMS AAAD)
901-222-4111

South Central Tennessee Area
(SC AAAD)
931-379-2940

TN Department of Disability & Aging

OLDER AMERICANS ACT (OAA)

- Information & Assistance
- Senior Centers
- State Long-Term Care Ombudsman
- Nutrition Services
- Disease Prevention & Health
- National Family Caregiver Support
- Home & Community Based Services
- Elder Rights Protection
- Transportation

TN Department of Disability & Aging

LONG-TERM CARE ADVOCACY (OMBUDSMAN)

- The Office of the State Long-Term Care Ombudsman includes nine District Ombudsman Programs
- Advocate for residents in nursing facilities, assisted care living facilities, and homes for the aged
- Residents' rights education
- Partnership with other entities like HFC, TBI and APS
- Top complaints: abuse, neglect, exploitation, evictions, care concerns
- Systems advocacy component

TENNESSEE LONG-TERM CARE OMBUDSMAN

State Long-Term Care Ombudsman
Teresa Teeple Teresa.Teeple@tn.gov

TN Department of Disability & Aging

AGING NUTRITION PROGRAM

- **Older American's Act (OAA)**
  - Federal law that authorizes grants for community planning and social services, research, special projects, training, etc.
  - Nutrition services fall under Title III-C of the OAA
  - IIIC 1 – Congregate Nutrition
  - IIIC 2 – Home Delivered Meals
- **Goals of the Nutrition Program**
  - Reduce hunger, food insecurity, and malnutrition
  - Enhance socialization
  - Promote health and well-being by assisting in gaining access to nutrition and other disease prevention and health promotion services
  - Delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior

CONGREGATE NUTRITION

- **Over 200 congregate locations across Tennessee**
- **Meals are available Monday-Friday, except on holidays**
- **Meals are available to anyone 60+, as well as their spouses, at no cost**
- **Eligibility:**
  - Adults 60+ and spouses of adults 60+
  - Individuals with disabilities that are not 60+ but live in a housing facility occupied primarily by adults 60+
  - Volunteers who work during meal hours
  - Individuals with disabilities who reside in the home with and accompany adults age 60+ who are eligible

HOME DELIVERED NUTRITION

- **Sometimes referred to as "Meals on Wheels"**
- **Assists those who are sick or homebound receive a hot, nutritionally balanced meal at home**
- **Meal volunteer provides a friendly visit and safety check**
- **Eligibility:**
  - Adults 60+ and spouses of adults 60+
  - Physically or mentally unable to obtain food, prepare meals, or lack support to have meals provided for them
  - Frail or homebound (as determined by the ILA) – this will be changing soon
  - A non-elderly person with a disability who resides in a non-institutional household with a person eligible to receive HDM

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

- Counseling & Support Groups
- Caregiver Training
- Respite Care (Adult Day Services)
- Personal Care
- Homemaker Services

*Availability of services may vary depending on service area.

This Photo by Unknown Author is licensed under CC BY-ND

HOME AND COMMUNITY-BASED SERVICES (STATE AND FEDERAL FUNDS)

- Homemaker Services
- Adult Day Services
- Personal Care
- Home Delivered Meals

TN Department of Disability & Aging

PUBLIC GUARDIANSHIP FOR THE ELDERLY PROGRAM

Last resort for individuals

May pay a fee unless deemed low income or receiving Supplemental Security Insurance (SSI)

Types of Guardianship Services:

- Person Only
- Property Only
- Person and Property
- Durable Power of Attorney

TN Department of Disability & Aging

TN LIFESPAN RESPITE PROGRAM

- Collaboration with the Tennessee Caregiver Coalition (TCC)
- Community-based respite care for family caregivers
- Caregivers receive vouchers to utilize for respite services
- Goal of reducing stress for caregivers

TENNESSEE CAREGIVER COALITION

"You can't pour from an empty cup!"

TN Department of Disability & Aging

TN STATE HEALTH INSURANCE ASSISTANCE PROGRAM (TN SHIP)

- Created in 1992 and currently funded by the Administration for Community Living (ACL)
- Free, unbiased Medicare benefit counseling & assistance
- Assist with Low Income Subsidy programs with Social Security and TennCare
- Provide Medicare & Medicaid education outreach

- Cost Savings between July 1, 2023 – December 31, 2023
  - Over **2,600** Medicare beneficiaries provided with individual enrollment access
  - Cost savings of almost **$5 Million dollars** statewide for all beneficiaries
  - Average cost saving of almost **$2,000 per person**
  - Cost saving of over **$900,000** for low-income beneficiaries

TN Department of Disability & Aging

DEMENTIA CAPABLE TN

Awarded the Alzheimer's Dementia Programs Initiative (ADPI) grant to provide the following services: STAR-C Program (evidence-based caregiver training), Dementia Navigators, and Dementia Gatekeepers to educate businesses on becoming dementia friendly.

Benefits of Volunteering

Who do you volunteer with and why?

"The people that bring those meals, they are just wonderful! When they ask me how I am doing, it makes my whole day, and they have smiles. It means so much. I know God sends these people to me. Thank you!" – Nutrition participant

"I feel that I receive much more from the residents than the time that I give. It is an honor to be their advocate." – Ombudsman volunteer

"I like knowing I'm serving the community. I love delivering meals to my people and visiting with them. I think sometimes we're the only person they see that day. It brings me great joy." – Nutrition volunteer

Volunteer Opportunities with DDA

2023 Impact

Through our programs administered statewide, we have been able to help:

80,602 people receive free, non-biased counseling to help navigate their Medicare health insurance benefits.

64,103 people participate in a variety of social, recreational and fitness programs at their local senior center.

34,292 people receive a free, nutritious meal delivered to their home or served at a local congregate meal site.

1,874 people benefit from a ride to essential appointments in their local community.

- Deliver meals to a neighbor
- Prepare and/or serve meals
- Teach a class or lead an activity
- Provide rides around town
- Become a friendly visitor
- Serve as a board member
- Assist people with health insurance options
- Table a booth at a local event
- Advocate for long-term care residents

https://www.tn.gov/disability-and-aging/about-us/work-with-us/volunteer-opportunities.html

TN Department of Disability & Aging

VOLUNTEER OPPORTUNITIES

Year	Volunteers	Volunteer Hours
2023	11,989	532,505
2022	10,070	452,899
2021	9,183	372,733
2020	7,423	269,435

Year	Older Adults Served
2023	207,528
2022	207,247
2021	228,305
2020	204,626

QUESTIONS?

Keita Cole, CRS-A/D, CVA
Nutrition Services Director & Dementia Coordinator
Keita.Cole@tn.gov; 615-770-3901

Amanda Boulware
Director of Lifespan Respite, III-D, & III-E Programs
Amanda.Boulware@tn.gov; 615-253-5206

TN Department of Disability & Aging

Adult Day Services and Adult Day Health Care

Growth, Trends, and Research in the Fastest Growing Sector of Long-Term Care

Presenter: Bill Zagorski

William.zagorski@centennialadultcare.com

Centennial Adultcare Center

nadsa
National Adult Day Services Association

What are Adult Day Services?

**NADSA - Adult Day Services (ADS) is a system of professionally delivered, integrated, home and community-based, therapeutic, social and health-related services provided to individuals to sustain living within the community.*

Adult Day Services are an alternative community based long-term care option to promote wellness and maintain the quality of life of participants and caregivers alike.

nadsa
National Adult Day Services Association

Adult Day Services as a Continuum

- Adult Day Respite
- Adult Day Services (Social) - ADS
- Adult Day Health Care (Medical) - ADHC

nadsa
National Adult Day Services Association

Adult Day Respite and Adult Day Services

Respite and Social Model (Adult Day Services)

- More Self-initiating
- Lower Acuity Level
- Therapeutic Activity
- Minimal or No Medical Supervision
- Incontinence Care often not available
- Program Size Varies

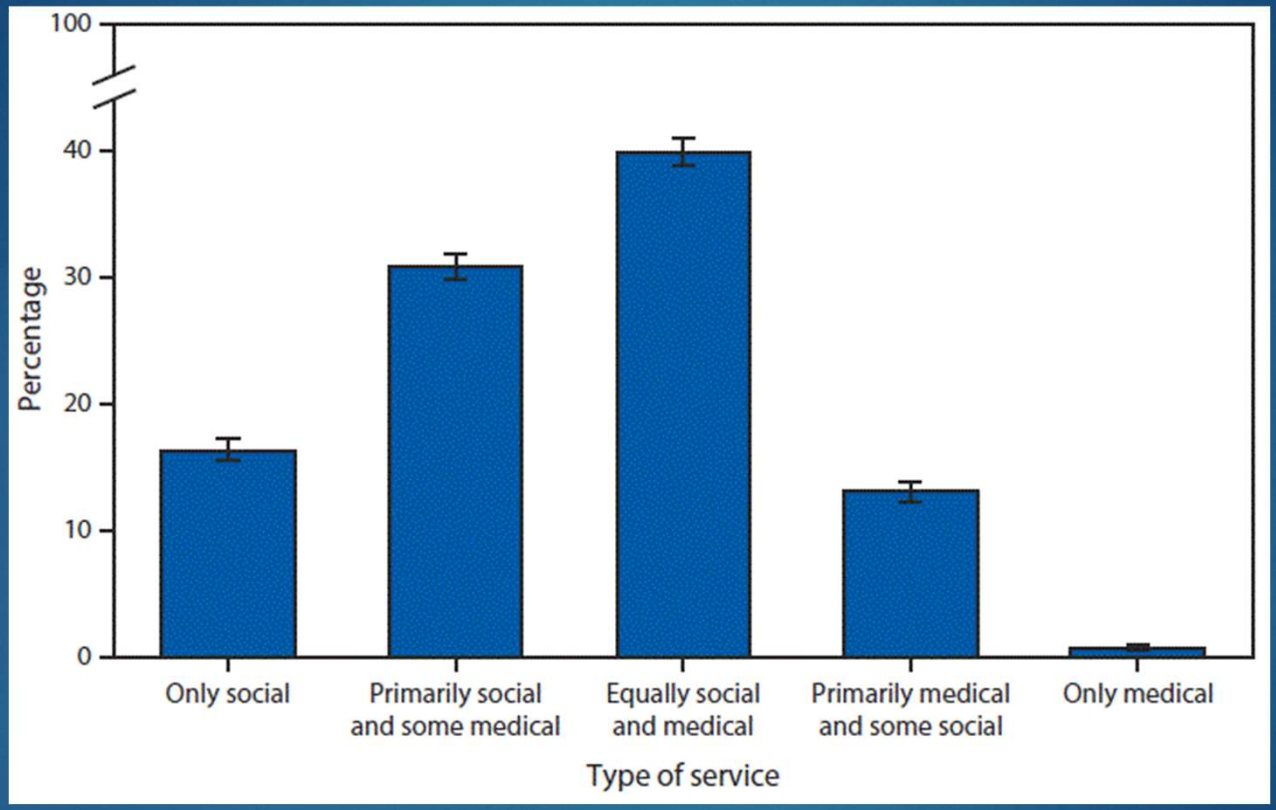
nadsa
National Adult Day Services Association

Adult Day Services and Adult Day Health Care

- Cognitive Therapy
- Physical Activity
- Socialization
- Nutrition Management
- Wellness Program
- Disease Prevention

nadsa
National Adult Day Services Association

Adult Day Services as a Continuum*



nadsa
National Adult Day Services Association

Who Uses ADS/ADHC?

Anyone over 18, who cannot safely remain alone throughout the day.

- Not just for the elderly with dementia…

Lewy-Body Dementia	Traumatic Brain Injury	Schizo-Effective Disorder
Fronto-Temporal Dementia	Stroke Survivors	Geriatric Depression
Parkinson's Disease	Mental Disabilities	Social Isolation
Vascular Dementia	Alzheimer's Disease	Physical Disabilities
Mild Cognitive Impairment	Cerebral Palsy	Muscular Dystrophy
Pick's Disease	ALS	Down Syndrome
Morbidly Obese	Diabetics	Autism Spectrum Disorder

nadsa
National Adult Day Services Association

What is the cost?

- Medicaid: Medical and Social Model funding (CMS)
- AAADs – Family Caregiver Support Program: Medical and Social Model funding (OAA)
- Long-term Care Insurance – Medical Model and some enhanced Social Models
- Veterans Affairs – Expanding through Mission Act, Previously Advanced Medical Model only, now open to many more providers
- Other Funding Opportunities

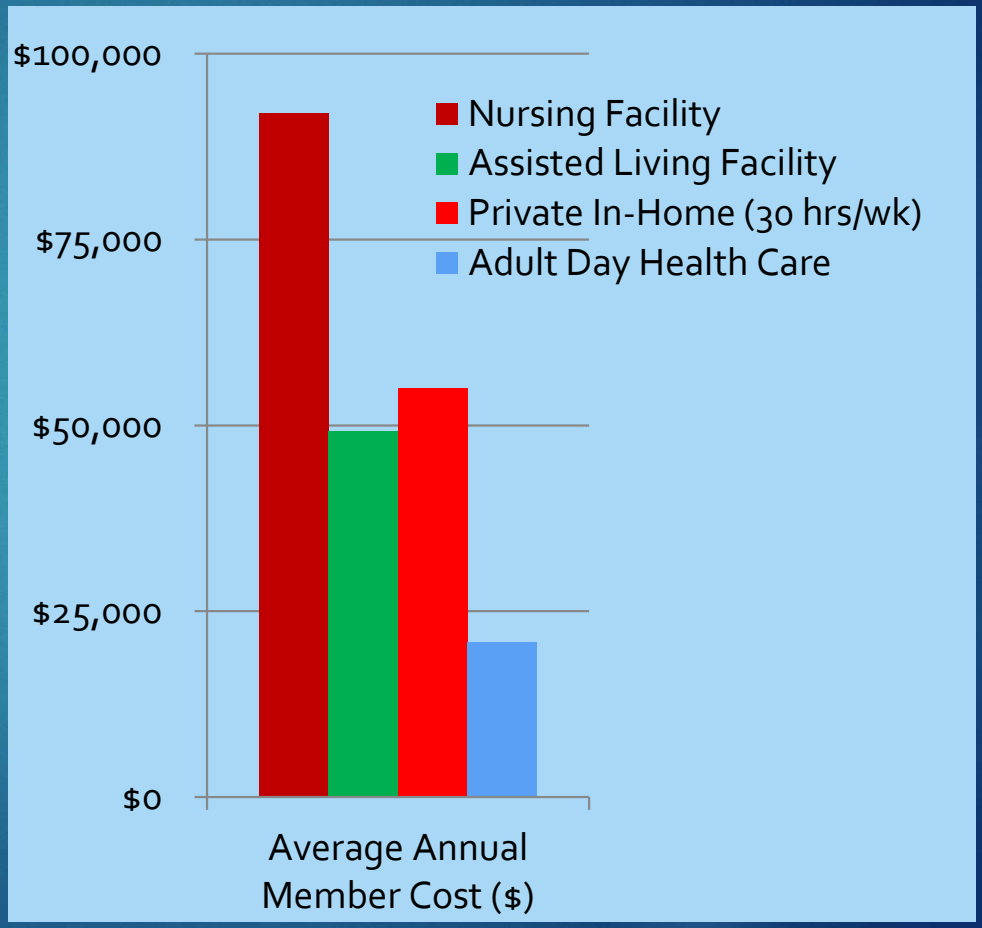
nadsa
National Adult Day Services Association

What is the cost?*

Average Annual Savings (per member, vs. nursing facility care)*

- Private SNF: $86,000-$92,000
- ALF: $49,200 (45%)
- In-Home: $54,912 (40%)*
  - 17% increase since 2020; 29% increase since 2018
- Day Care: $20,800 (74%)

*Genworth Annual Cost of Care Survey



nadsa
National Adult Day Services Association

Centennial Adultcare Center

www.centennialadultcare.com

William.zagorski@centennialadultcare.com

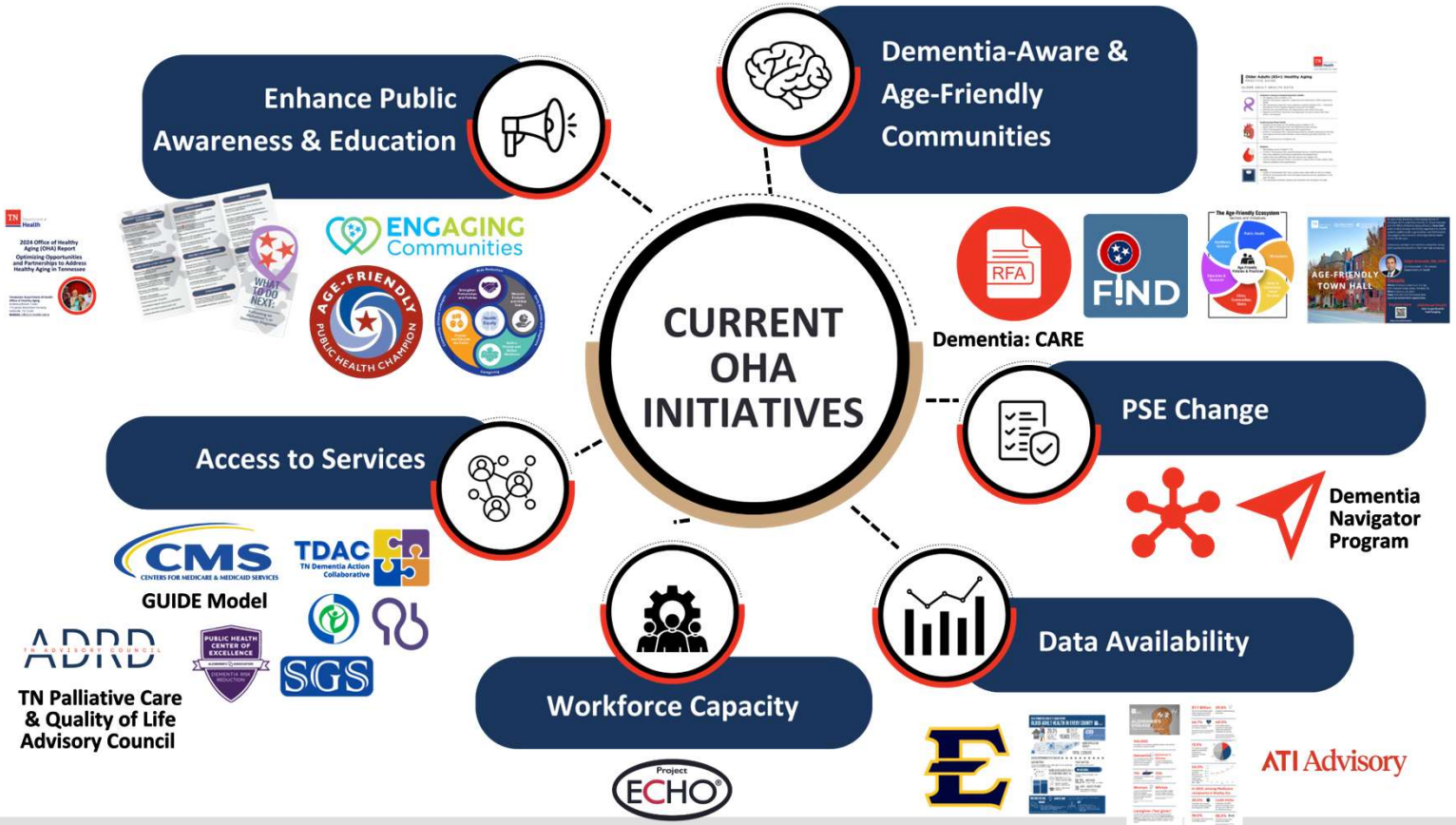
Tennessee Association of Adult Day Services
TAADS
A Unified Voice in Tennessee

www.taads.net

nadsa
National Adult Day Services Association

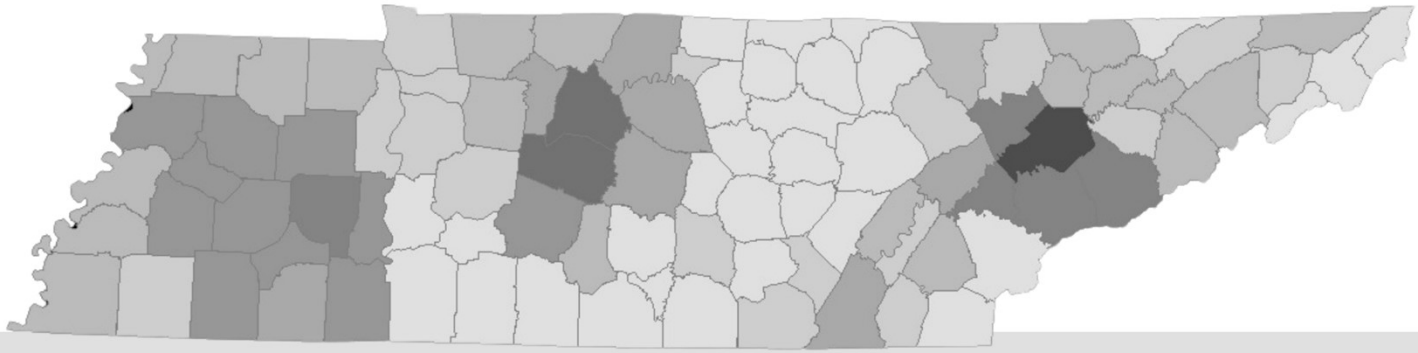
www.nadsa.org

Office of Healthy Aging


Enhance Public Awareness & Education
Dementia-Aware & Age-Friendly Communities
CURRENT OHA INITIATIVES
ENGAGING Communities
AGE-FRIENDLY PUBLIC HEALTH CHAMPION
RFA
FIND
Dementia: CARE
AGE-FRIENDLY TOWN HALL
PSE Change
Dementia Navigator Program
Access to Services
CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES
GUIDE Model
TDAC
TN Dementia Action Collaborative
ADRD
TN Palliative Care & Quality of Life Advisory Council
PUBLIC HEALTH CENTER OF EXCELLENCE
SGS
Workforce Capacity
Project ECHO
Data Availability
ATI Advisory

TDAC
TN Dementia Action Collaborative

Mission: To implement strategies and actions that support Tennesseans with ADRD and their caregivers and prevent the occurrence of the disease.



Sally Pitt | OHA Director

Rochelle Roberts | State Dementia Director
Mark Lollis | BOLD Program Coordinator
Kimothy Warren | Program Consultant

Chelsea Ridely | Strategic Initiatives Director
Fredna Hodge | Program Consultant

Presenter Contact Information:

TN Department of Disability and Aging (DDA)
Amanda Boulware, Director of III-D, III-E, and Lifespan Respite Programs
Email: Amanda.Boulware@tn.gov

Keita Cole, Nutrition Services Director and Dementia Coordinator
Email: Keita.Cole@tn.gov

American Senior Centers, Inc.
Bill Zagorski, C.E.O.
Email: William.Zagorski@centennialadultcare.com

TN Department of Health, Office of Healthy Aging
Rochelle Roberts, State Dementia Director
Email: Rochelle.L.Roberts@tn.gov