



Advocating since 1963 for all Tennesseans to age with dignity

State of Aging in TN

February 1, 2019

1:45-2:15

Presenter

Jim Shulman
Executive Director
TN Commission on Aging and Disability



Agenda

- Quarterly Data Update
- Legislative Updates
- New Resources
- Questions

Our Services

Older Americans Act

- ❖ **Home Delivered Meals**
“Meals on Wheels”
- ❖ **Congregate Meals**
- ❖ **Information & Assistance**
1-866-836-6678
- ❖ **Family Caregiver**
- ❖ **Legal Assistance**
- ❖ **Ombudsman**
- ❖ **Case Management**
- ❖ **Supportive Services**
Personal care
Transportation
Homemaker

Our Services

Other funding

- ❖ **OPTIONS for Community Living**
- ❖ **Senior Centers**
- ❖ **Public Guardianship**
- ❖ **Collaborative Response to Elder and Vulnerable Adult Abuse (CREVAA)**
- ❖ **State Health Insurance Assistance Program (SHIP)**

Quarterly Data Updates

1st Quarter

(July to September 2018)

❖ Home Delivered Meals

- **5,975** persons
- **315,105** meals
 - 8% increase over FY18

❖ Congregate Meals

- **8,672** persons
- **219,526** meals
 - 5% increase over FY18

❖ OPTIONS

- **2,469** individuals
 - 9% increase over FY18

❖ Family Caregiver

- **933** individuals
 - 7% increase over FY18

❖ Guardianship

- **416** individuals
 - 4% increase over FY18

Legislative Updates

Legislative - Federal

FY 2019 HHS Appropriations - Signed September 28

- ❖ Most OAA Programs - Level Funding
- ❖ Meals got increase
 - \$5 million for Congregate nationwide
 - \$5 million for Home Delivered nationwide

February 15 – Potential for a Shutdown

- ❖ Does not affect OAA

US Senate Special Committee on Aging

- ❖ Released 2019 Fraud Book

Older Americans Act

- ❖ Up for reauthorization in 2019
- ❖ Senator Alexander, Chair Senate HELP Committee

Legislative - State

❖ **SB199/HB249**

- Briggs / Carr
- Creates an Elder Abuse Taskforce on Financial Exploitation

❖ **SB028/HB037**

- Crowe / Whitson
- Creates an Alzheimer's disease and related dementia advisory council

❖ **Bill filing deadlines**

- House: February 6, 2019
- Senate: February 7, 2019

New Resources

Federal and State Grants

Federal

- ❖ Stay Active and Independent for Life (SAIL)
- ❖ Music & Memory In Tennessee

State

- ❖ “Ridgley Seniors on the Move”

Stay Active and Independent for Life “SAIL”

- ❖ Fall prevention program
- ❖ Evidence-based
- ❖ Improves strength, balance and fitness
- ❖ **Goals:**
 - Increase capacity in areas with no or limited evidence-based program infrastructure, specifically underserved rural areas
 - Develop sustainability strategies



2019 Leader Training
April 10-11 from 8:30 a.m.-4:00p.m.

St. Clair Senior Center
325 St. Clair Street
Murfreesboro, TN 37130

Stay Active & Independent
FOR LIFE
SAIL

A strength, balance, and fitness class
for adults 65+

Eligibility Requirements:

1. Must hold a current fitness certification.
2. Must be CPR certified.
3. Must be willing to teach 2-3 SAIL classes a week.
4. Must agree to a 2-year commitment.

There is no charge for this training. SAIL strongly encourages leaders to be trained in teams of two. For more information please contact Sidney Schuttrow at (615) 741-1585 or sidney.schuttrow@tn.gov. **Applications due by April 5, 2019.**

*Special thanks to Master Trainers
Rachel Frazier and Terri Stewart.*

Music & Memory in TN

Music & Memory

- ❖ Uses iPods / devices
- ❖ Gives residents personalized music
- ❖ Shown to:
 - Enhance engagement / socialization
 - Heighten ability to communicate
 - Increase calmness
 - Decrease agitation

Music & Memory In TN

- ❖ 140+ nursing homes
- ❖ 2,000 residents (including those w /dementia or Alzheimer's)
- ❖ \$1 million
- ❖ 3-year grant

Ridgely Seniors on the Move

“Access to Health through Active Built Environments”

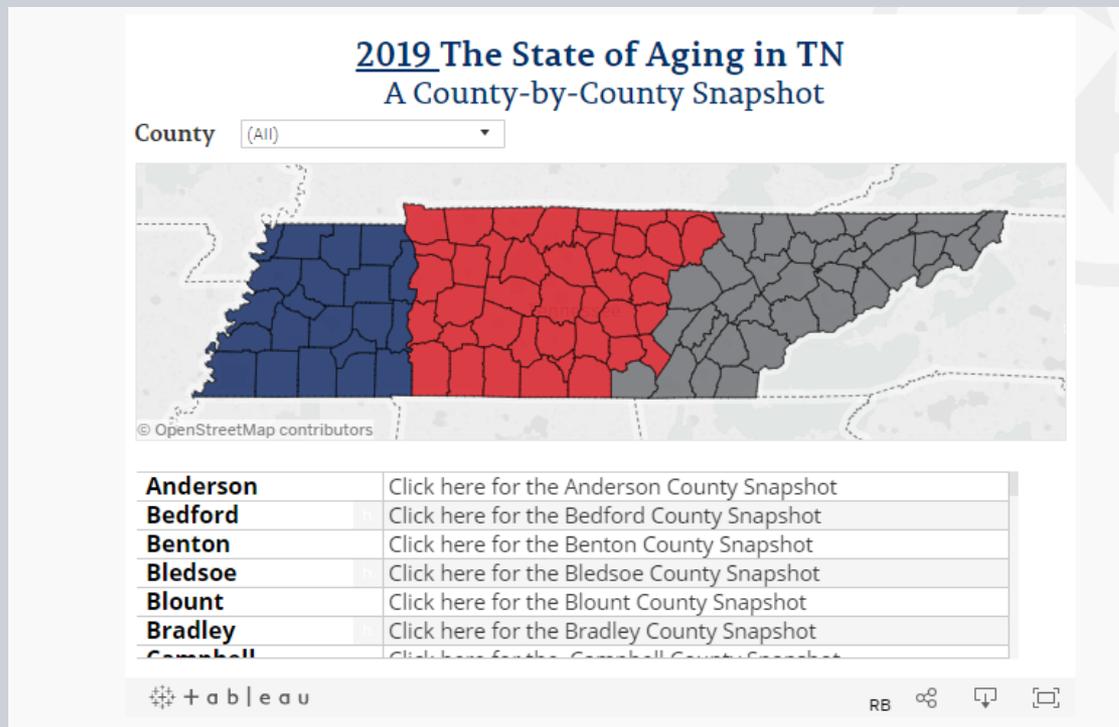
- ❖ TN Department of Health

Two-year project

- ❖ \$84,000 total
- ❖ \$72,000+ for Infrastructure Design / Construction
- ❖ Goals:
 - Assess barriers of traveling to/from the Ridgeley Senior Center
 - Designing and/or build amenities to improve access to active transportation

Education and Advocacy

❖ 2019 State of Aging: County by County Snapshot



Questions??

Questions can be typed into chat panel on the right





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