

HEALTHY AGING

GOAL: Southeast WA ALTC will promote disease prevention and health promotion throughout their region to ensure better health outcomes and higher quality of life for older adults and adults with disabilities and their family members

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
<p>SE WA will contract with the Alzheimer Association to support a navigator to help build the infrastructure for Age Friendly/Dementia Friendly Programs:</p> <ul style="list-style-type: none"> • Develop regional Powerful Tools Trainers to have PT throughout our region at least twice per year • Develop ESML Trainers throughout our region to hold at least one to two ESML trainings per year • Provide First Responder Training on recognizing dementia and dealing appropriately with individuals they encounter and make referrals to the ADRC and Alzheimer Association for services – two presentations per year to First Responders in region • Provide a minimum of 3 Brain Health Community Presentations per year • Support Established Memory Café(s) throughout region for sustainability and attendance 	<p>Age Friendly/Dementia Friendly Communities</p> <p>ALTC Administration</p>	<p>ALTC Director & Manager; Alzheimer's Association Care Navigator</p>	<p>Ongoing through 2020-2021</p>

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
<p>SE WA ALTC will hire a Primary Care Liaison (PCL) who will work in Yakima/Benton/Franklin first two years and other counties second two years to do the following:</p> <ul style="list-style-type: none"> • Perform 4 clinic outreach visits per month enhancing health professionals and trainees' awareness of community agency role in ensuring age friendly care and build partnerships between the medical clinics and ALTC's ADRC/Family Caregiver and emphasize Dementia- early interventions and help facilitate referrals to ALTC service delivery systems. • PCL will work with clinics and promote the geriatrics seminars through the UW Geriatrics Workforce Enhancement Center (GWEC) that are on-line or for continuing education via the UW School of Nursing to enhance knowledge of geriatric medicine to include early cognitive screening, fall prevention and other geriatric topics • PCL will work with Primary Care Trainees (residency programs and other health care trainees) and use the GWEC Project to facilitate practicums with the ALTC Direct Services 	<p>GWEC/UW Program</p> <p>ALTC Administration</p>	<p>ALTC Primary Care Liaison, Director, & Manager; Primary Medical Care Contacts</p>	<p>Ongoing 2020-2023</p>
<p>SE WA ALTC will remain involved in the Dementia Action Collaborative LTSS subcommittees and participate in the tool kit development for first responders and work on designing and promoting Dementia Specialists. We will also participate on the Dementia Friendly Communities Summit Planning Team working towards the event being held September 2020.</p>	<p>Dementia Action Collaborative Communities</p> <p>ALTC Administration</p>	<p>ALTC Director & Manager</p>	<p>Ongoing 2020-2021</p>

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
SE WA ALTC will perform outreach to the Fire Department and Emergency Medical Technicians (EMTs) in all counties to share information regarding our services and how we can collaboratively work together. SE WA ALTC will work to engage Fire Departments and EMTs in developing a referral process for clients at risk with a focus on those at risk for falls, unpaid family caregivers and individuals with dementia and capturing this in a Memorandum of Understanding (MOU) which will be tailored to the needs of that community. The plan will be to add two additional MOU's with Fire Departments/EMT's.	Age Friendly/Dementia Friendly Communities; ADRC /Family Caregiver	ALTC Manager, and ADRC LPC & Lead Staff; Fire Departments and EMTs	Establish an outreach in 2020 and develop MOUs with an additional 2 Fire Departments/EMTs. Refine process in 2021 and continue program and evaluate on going
SE WA ALTC will develop 16 ongoing sites throughout our region to perform Evidence Based EnhanceFitness and SAILS classes. ALTC in collaboration with DOH will seek methods for sustainability of these exercise classes	Evidence-Based Fall Prevention; ALTC Admin & DOH grant	ALTC Manager & Planner; DOH Older Adult Falls Prevention Specialist	16 ongoing sites by Dec. 31, 2020 Start looking for sustainability in 2021-2022
SE WA ALTC will help facilitate 3 Matter of Balance Classes in different parts of the region	Evidence-Based Fall Prevention; ALTC Admin & DOH grant	ALTC Manager & Planner; DOH Older Adult Falls Prevention Specialist	December 31, 2020
SE WA ALTC will make referrals to support Star C providers to obtain certification within the required timelines.	ALTC Admin, Family Caregiver, & ADRC	ALTC Manager & LPC	December 31, 2020 & Ongoing
SE WA ALTC will help develop and train Otago instructors and establish a CFC/COPES Contract	Evidence-Based Fall Prevention; ALTC Admin & DOH grant	ALTC Manager & Planner; DOH Older Adult Falls Prevention Specialist	December 31, 2021

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
SE WA ALTC will train all direct service staff on fall prevention, falls risk assessment and resources available in the community along with T-XIX nurse services referrals. Staff will follow up on safety issues in the home.	Evidence-Based Fall Prevention; ALTC T-XIX CM	ALTC Manager & LPC	Ongoing 2020-2023
SE WA ALTC will participate in the No Wrong Door Grant and further develop the Bridges Program (EBP that is a care transitions program) in the ADRC and Health Homes across our region through partnerships with hospitals. This model will include emphasis on care continuity and working with clients to support successful transitions from hospital to home. We will be inclusive of areas such as fall prevention and early diagnosis and support for dementia clients as high risk populations. We will capture Bridge engagements in GetCare.	ALTC ADRC and Health Home	ALTC Manager & LPC	Ongoing
ALTC will ensure the new 2020 nutrition contractor is able to effectively operate and serve home delivered and congregate meals without losing capacity in Kittitas County.	Nutrition Services; ALTC Admin CI & CII	ALTC Manager, Planner and Program Coordinator; FISH Senior Nutrition Director	Transition plan and operations 2020 and ongoing support 2020-2023
ALTC will support efforts of Senior Nutrition and Transportation Providers to have a “county wide,” volunteer fair and provide assistance with advertising for this fair in order to find volunteer drivers and other individuals to help in the Senior Nutrition and Senior Transportation Program. This will be accomplished through the quarterly Senior Nutrition meetings and discussion of the value, and determining if there is a planning committee that would like to assist with this effort. ALTC will discuss the potential of creating a volunteer on-line portal to determine how we can assist with those efforts.	Nutrition & Transportation services; ALTC Admin & CI & CII	ALTC Planner and Program Specialist; Senior Nutrition, & Senior Transportation contracted providers	December 31, 2020

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
ALTC will educate transportation contractors and the public on the ability for transportation contractors to provide services to community evidence-based programs and services that provide for healthy aging to include dementia café's.	Transportation services; ALTC Admin & CI & CII	ALTC Planner & Program Coordinator	Ongoing 2020-2023
Senior Legal Services Provider will provide a community presentation twice a year on elder legal issues	Legal services; ALTC Admin OAA BIII	ALTC Planner and Program Coordinator; NWJP Lead Attorney	Ongoing 2020-2023

EXPANDING & STRENGTHENING SERVICES & SUPPORTS THAT PREVENT OR DELAY ENTRY INTO T-XIX LTSS

GOAL: SE WA ALTC will expand and strengthen the service delivery system for those who need information, assistance, case management, navigation programs for older adults and adults with disabilities, and support services for the unpaid family caregiver.

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
SE WA ALTC will ensure a robust service delivery network for Medicaid Alternative Care/Tailored Supports for Older Adults (MAC/TSOA) and Family Caregiver Services to provide a wide suite of services and meet the needs of unpaid family caregivers.	MAC/TSOA, Family Caregiver	ALTC Manager	December 31 st 2020 and ongoing.
SE WA ALTC will continue to grow the MAC/TSOA program by 20 to 30 new clients per month with the objective of getting all clients, new to the month, to at least 50% MAC/TSOA Dyads.	MAC/TSOA	ALTC Manager & LPC(s)	On-going 2020-2023
SE WA ALTC will advocate at the legislative level for sustainability of the MAC/TSOA Program, capturing compelling stories to provide to legislators and advocating at W4A Day and Senior Lobby.	MAC/TSOA; ALTC Admin	ALTC Director & Manager; ALTC Advisory Council	Legislative Session 2020- 2022
SE WA ALTC will continue to build their partnerships with the local hospitals to establish a referral process for Care Transitions (Bridges) and grow this program to 50 Bridges Care Transitions in a year throughout our 8 counties.	Care Transitions; NWD program, IIID and IIIB	ALTC Manager & LPC; Local Hospitals and/or Medical Centers	50 by December 31, 2020 60 by December 31, 2021

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
SE WA ALTC will train its ADRC staff on the Options Counseling Dementia Module (and other Options Counseling modules) and enhance Dementia Specialties through training to include the GWEC Geriatric Health Care Series Dementia Series Modules	Options Counseling; ALTC IIIB, SCSA	ALTC Manager & LPC	Ongoing 2020-2023
SE WA ALTC will continue to support new ADRC CMs and Information Specialists to obtain AIRS Certification within their first two years of employment.	AIRS Certification; IIIB, SCSA	ALTC LPCs	On-going 2020-2023

PERSON CENTERED HOME AND COMMUNITY BASED SERVICES

GOAL: SE WA ALTC will continue to support its person centered home and community based services by enhancing the skill and abilities of its front line Case Managers, ensuring a robust network or service availability in each area of its planning and service area and monitoring risk and quality of service to this growing network of service delivery systems.

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
ALTC RNs will provide at least two clinical trainings a year on different topic areas to the T-XIX Case Managers and Care Coordinators	T-XIX, Health Home	ALTC Managers, LPCs, & RNs	Ongoing 2020-2023
ALTC will increase its nursing referrals each year by in-service reminders and internal QA review consultations. This will be measured yearly by reviewing nursing referral log.	RN referrals; T-XIX	ALTC Managers & LPCs	Ongoing 2020-2023
ALTC will build on its COPES and MAC/TSOA network by contracting with STAR C consultants, EnhanceFitness instructors, and other Evidence Based Fall Prevention Programs throughout our region	T-XIX, MAC/TSOA	ALTC Manager	Ongoing 2020-2023
ALTC will help support its growing in-home care agency providers by providing technical support, measuring risk, quality monitoring and assistance.	In-Home Care T-XIX	ALTC Manager, Planner & Program Specialists	Ongoing 2020-2023
SE WA ALTC will maintain its engagement rate of 30%+ for the Health Home Care Coordination Program and grow the numbers of individuals served on this program each year	Health Home Care Coordination	ALTC Manager & LPC	Ongoing 2020-2023

PLANNING WITH NATIVE AMERICAN TRIBES AND TRIBAL ORGANIZATIONS

GOAL: SE WA ALTC will seek opportunities with the Yakama Nation Area Agency on Aging to build partnerships and provide technical support when asked to do so.

OBJECTIVE	PROGRAM	LEAD RESPONSIBILITY	DATE OBJECTIVE ACCOMPLISHED
SE WA ALTC will have discussions with the Yakama Nation Area Agency on Aging (YN-AAoA) to partner on the GWEC program with the Primary Care Liaison reaching out to clinics and educational systems (Heritage University) in Yakima County for Yakama AAoA Planning and Service Area, and present to the clinics on service availability through the YN- AAoA.	GWEC, ALTC Admin	Director, Manager and Primary Care Liaison	Ongoing 2020-2023
ALTC will help support the YN-AAoA direct service staff by offering YN-AAOA staff slots in our JRP T-XIX trainings and answering questions and assisting when they ask for technical support in any mutual programs SE WA ALTC and YN-AAoA provide.	JRP Staff training T-XIX, ALTC Admin	ALTC Manager, LPCs, Planner, & Program Specialist	Ongoing 2020-2023