

DEPARTMENT OF AGING AND COMMUNITY LIVING

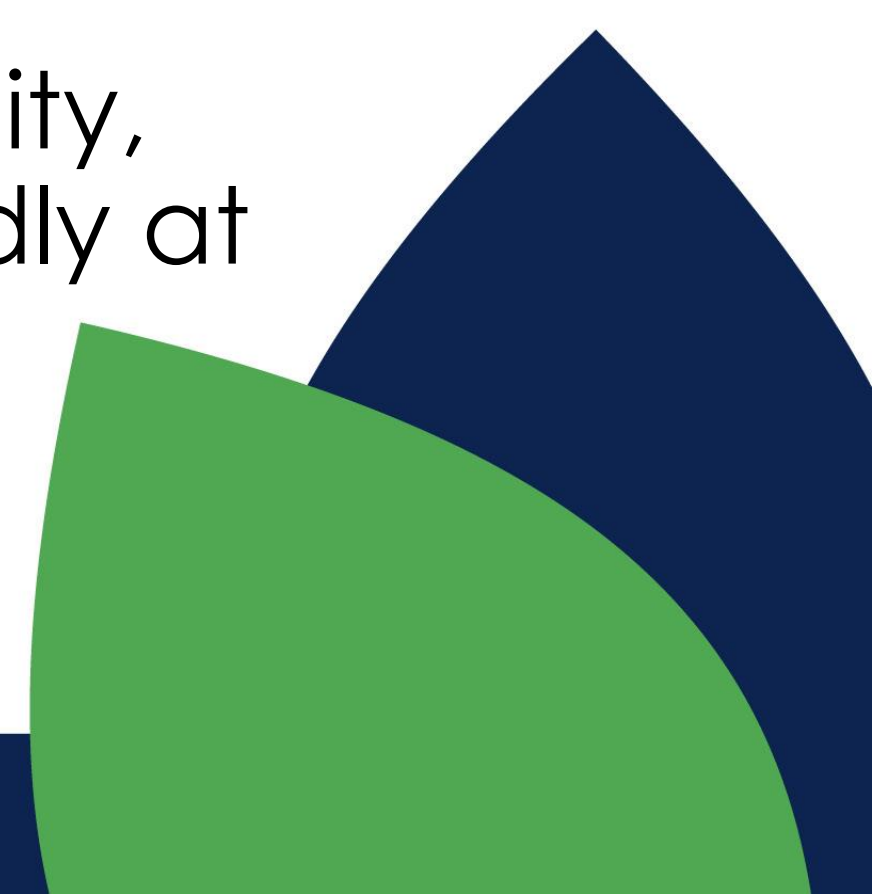
DACL Presentation to:

ANC 7E

February 14, 2023



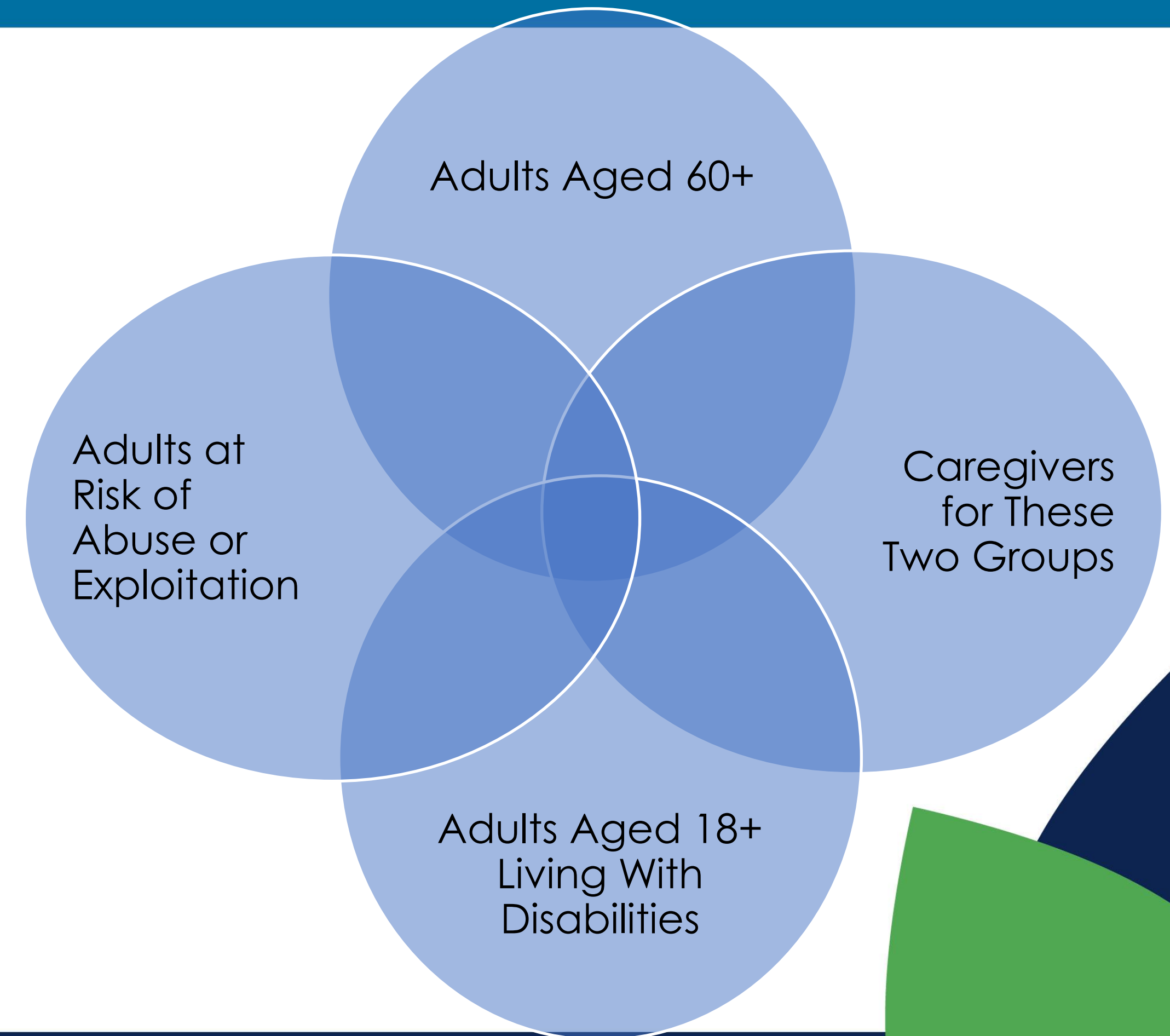
ABOUT DACL

- DACL serves as the District's State Unit on Aging (SUA) and an Area Agency on Aging (AAA).
 - We advocate, plan, implement, and monitor programs in health, education, and social services for seniors, adults with disabilities and caregivers.
 - In partnership with more than 30 community-based organizations across the city, we offer over 40 free or low-cost programs to help all District residents live boldly at any age, stage, or ability.
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WHO WE SERVE

DACL's Core Populations Are:

1. DC Residents, age 60 and older
2. DC Residents, age 18 and older living with disabilities
3. Caregivers for these two groups
4. Adults at risk of abuse or exploitation



INFORMATION & REFERRAL/ASSISTANCE (I&R/A)

I&R/A:

- DACL's front door- bringing people and services together
- Helps individuals navigate long term care options, and assists with connecting DC Residents 60+, adults ages 18-59 living with disabilities, and caregivers to supportive programs and services
- Open Monday-Friday, from 9:30-4:30pm



(202) 724-5626

DACL'S DO'S AND DON'TS CHECKLIST

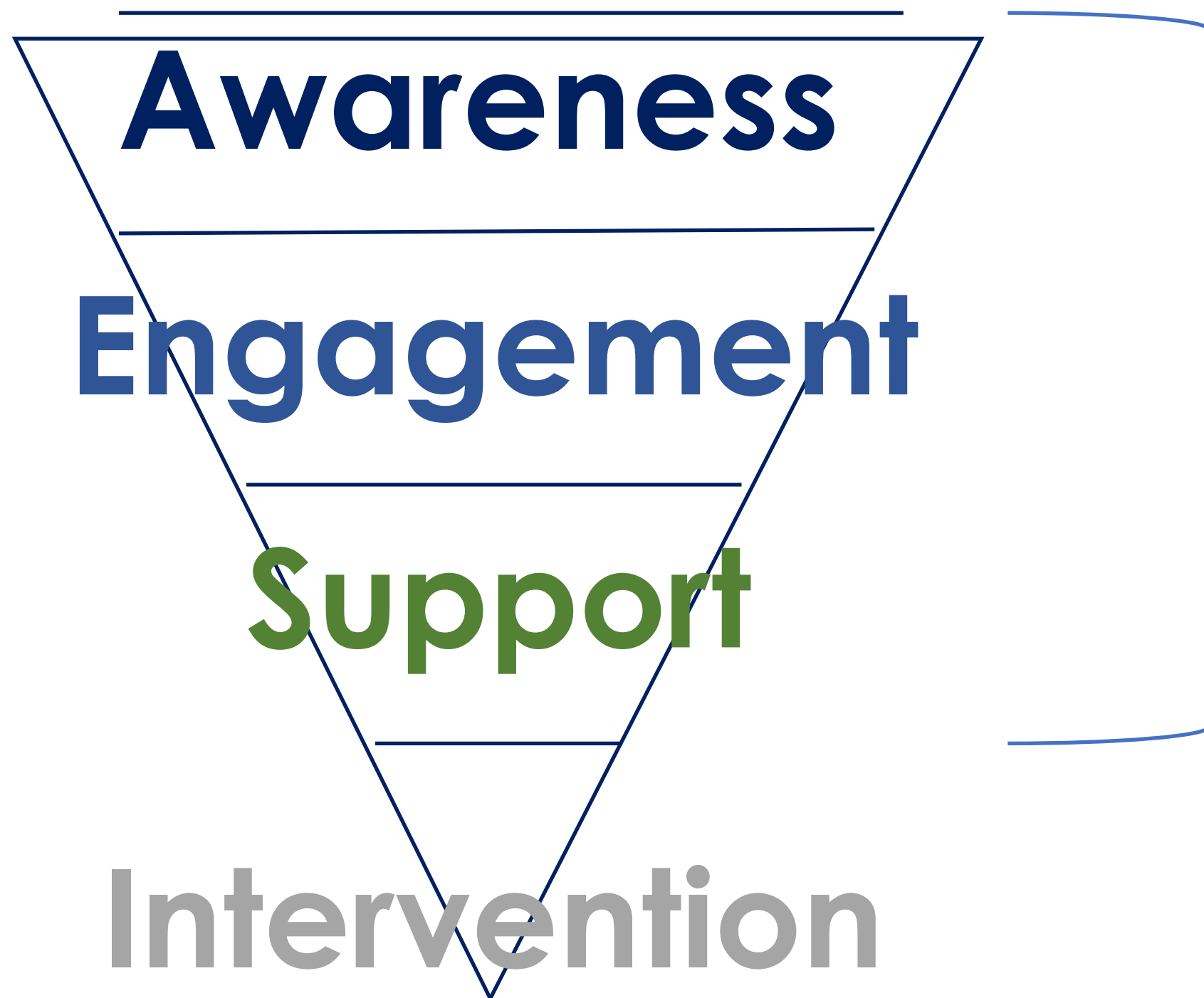
+ Do's

- In home falls prevention modifications
- Nutrition support (meal delivery, SNAP benefit application, community dining sites)
- Transportation benefits
- EPD Waiver enrollment assistance
- Medicare questions, plan navigation
- Home assistance (application completion for rental property/utility assistance, eviction prevention)
- Long term care options counseling
- Legal assistance (legal representation)
- Connection to public benefits/benefit application assistance
- Socialization activities and programs

✗ Don'ts

- Housing assistance (Placement/relocation, mortgage payment, homelessness, housing vouchers, utility payment assistance)
- General Property Maintenance (lawn care, home and appliance repairs, home improvement, etc.)
- Monthly financial aid to cover basic expenses, grocery delivery, etc.
- Parking


DEPARTMENT OF AGING AND COMMUNITY LIVING




DACL Partners

30+ community-based organizations across the city to offer free or low-cost programs and socialization services.

SUPPORT PROVIDED BY DACL'S GRANTEE NETWORK

- Senior Wellness Centers
 - Adult Daycare
 - Community Dining (40+ locations)
 - Nutrition Counseling
 - Fitness and Wellness
 - Recreation and Socialization
 - Transportation
 - Caregiver Supportive Services
 - In-Home Support
 - Legal Services
 - Long-Term Care Ombudsman
 - Technological Support
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SENIOR WELLNESS CENTERS

- Fitness classes
 - Nutrition programs
 - Daily meals
 - Creative arts
 - Foreign language classes
 - Group trips
 - Intergenerational programs
 - Music
 - Support groups
 - Educational seminars
 - Quilting and sewing classes
- 

SENIOR WELLNESS CENTERS LOCATIONS

Ward 1

Bernice Fonteneau Senior Wellness Center

3531 Georgia Avenue NW
Washington, DC 20011

Phone: (202) 727-0338

VIDA Senior Centers

1842 Calvert St NW
Washington, DC 20009

Phone: (202) 483-5800

Wards 2 and 3

Around Town Satellite Wellness Program

4125 Albemarle Street NW
Washington, DC 20016

Phone: (202) 895-9485

The Asian Pacific Islander Center

899 O St NW
Washington, DC 20001

Phone: (202) 935-0016

Ward 4

Hattie Holmes Senior Wellness Center

324 Kennedy Street NW Washington,
DC 20011

Phone: (202) 291-6170

Ward 5

Model Cities Senior Wellness Center

1901 Evarts Street NE
Washington, DC 20018

Phone: (202) 635-1900

Ward 6

Hayes Senior Wellness Center

500 K Street NE
Washington, DC 20002

Phone: (202) 727-0357

Ward 7

Washington Seniors Wellness Center

3001 Alabama Avenue SE
Washington, DC 20020

Phone: (202) 581-9355

Ward 8

Congress Heights Senior Wellness Center

3500 Martin Luther King Jr. Ave SE
Washington, DC 20032

Phone: (202) 563-7225

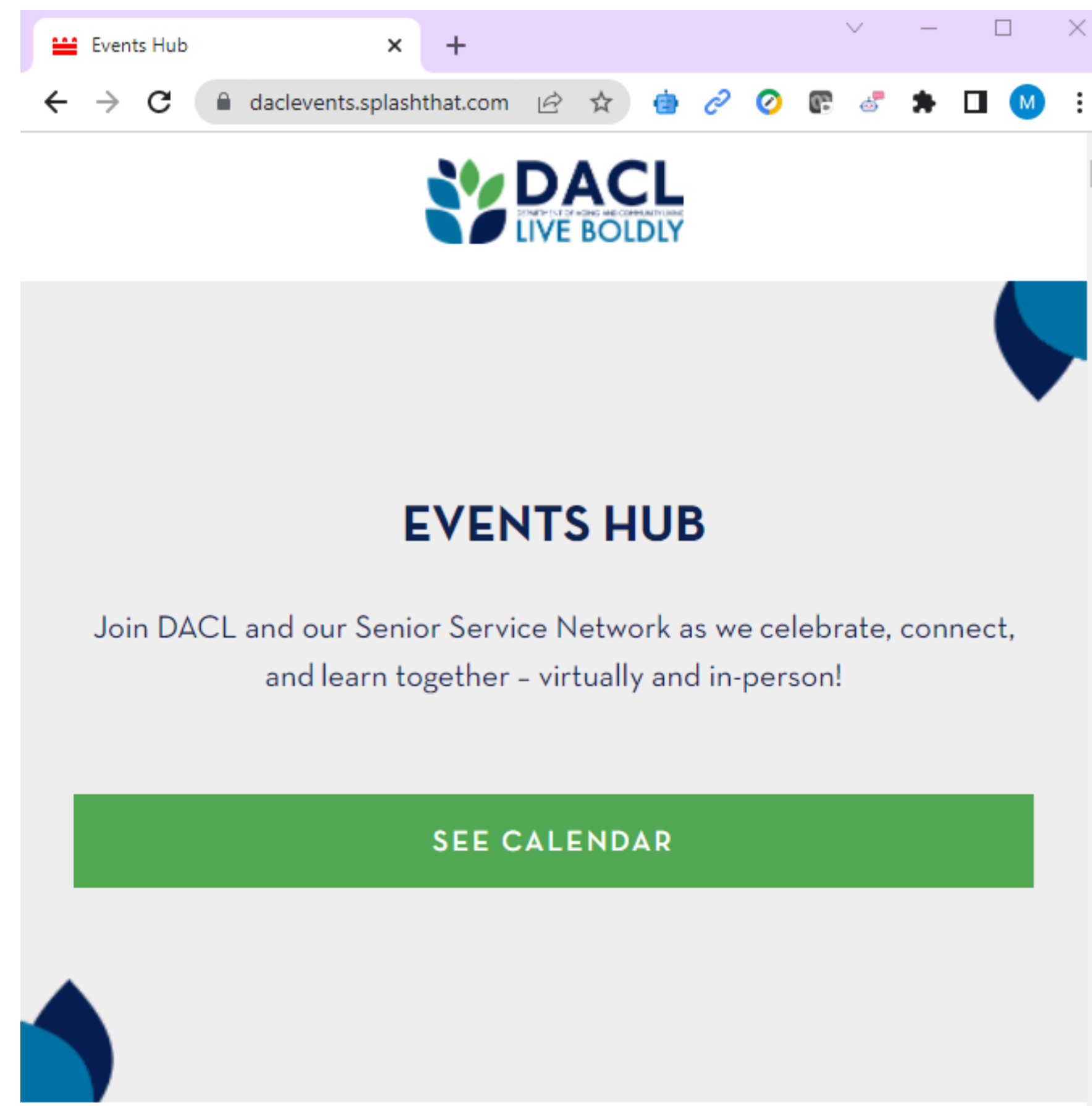
Coming Soon!

A New Ward 8
Senior Wellness Center

DACL AND COMMUNITY PARTNERS EVENTS CALENDAR

- Are you looking for something to do?
- You will find many DACL and community partners in-person and virtual events around town at the online DACL Events Hub at:

daclevents.splashthat.com



SAFE AT HOME

SAFE AT HOME 2.0



DACL's Safe at Home program provides in-home preventative adaptations to reduce the risk of falls for District residents age 60 and older and adults with disabilities.

This may include handrails, grab bars, bathtub cuts, shower seats, and stair lifts.

Income Qualifications

A maximum of \$72,550 annually for an individual or \$82,550 for a married couple.

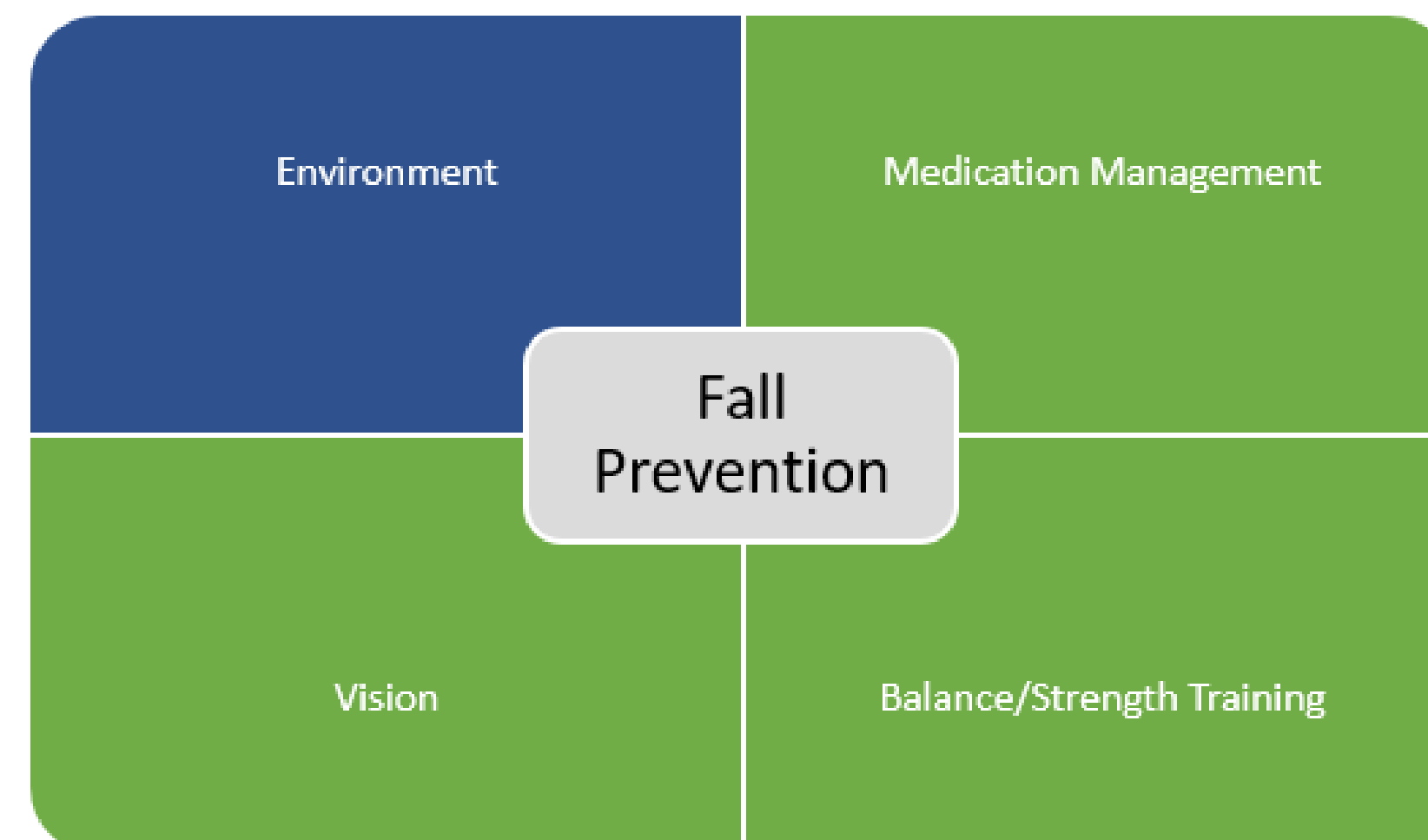
NOTE: All applicants may not qualify for the **Safe at Home** program. Applicants who do not qualify may receive referrals to other programs better suited for their specific needs.

Referrals to other programs are not a guarantee of eligibility.



WE ARE WASHINGTON
GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

- Expanding Safe at Home to cover all 4 CDC fall risk factors.



TRANSPORTATION

Senior MedExpress

The Senior MedExpress program provides eligible DC residents, age 60 and over, with a certified medical condition free round-trip transportation to essential medical appointments. Learn more - call (202) 724-5626 or visit dcyellowcab.com.

ConnectorCard Program

The ConnectorCard Program is a cost-share program that provides qualified older adults, age 60 and over, with a debit card that can be used for ground transportation services. Learn more - call (202) 420-7534 or visit connector-card.com.

Washington Metropolitan Area Transit Authority (WMATA)

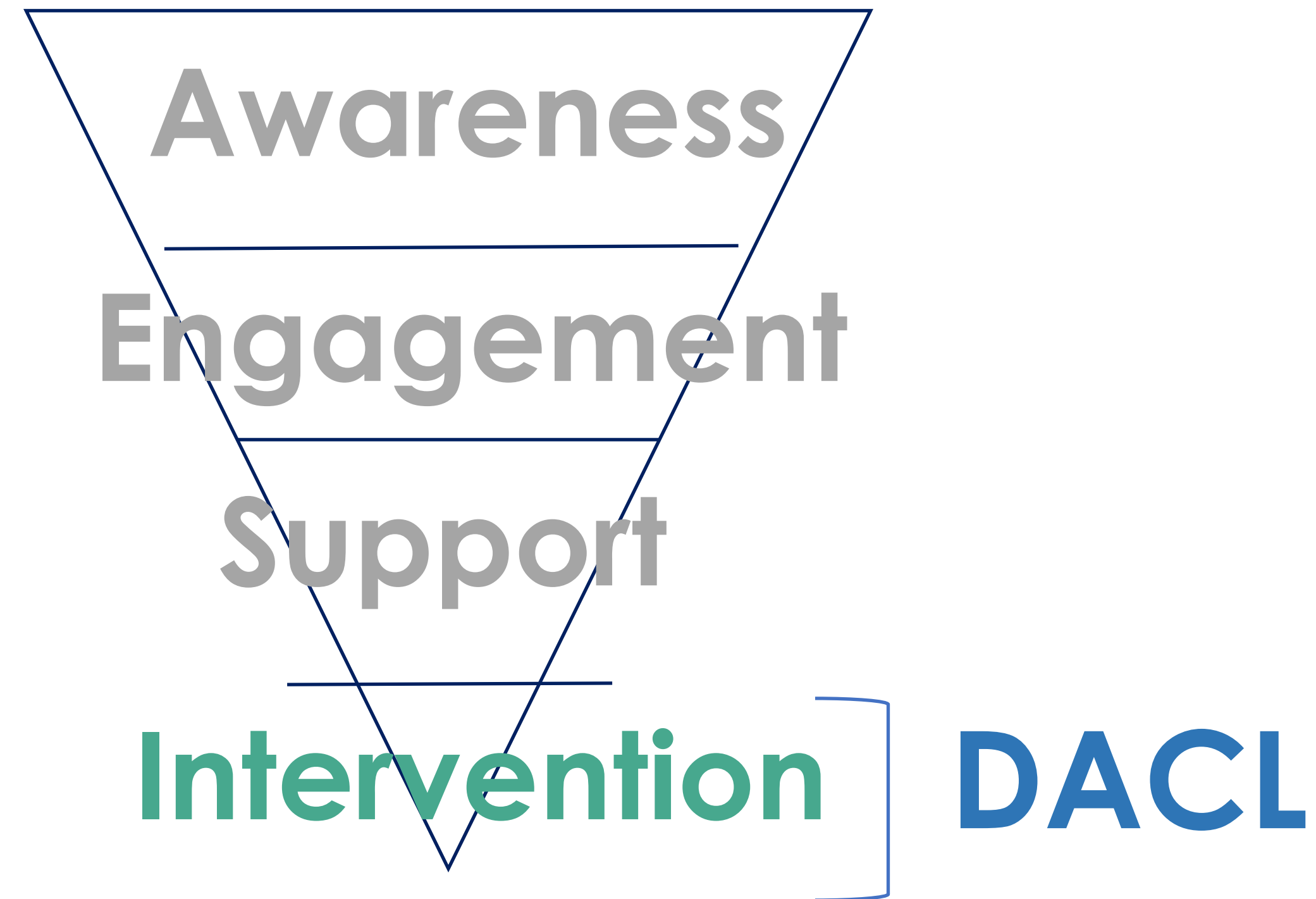
Metro offers reduced fares and paratransit service for seniors and people with disabilities. Learn more about WMATA and MetroAccess - call (202) 962-2703 or visit wmata.com.

Transport DC

Transport DC provides an alternative to paratransit transportation service for eligible MetroAccess customers who are residents of Washington, DC. Learn more - call (202) 645-7300 or email transport.dc@dc.gov.



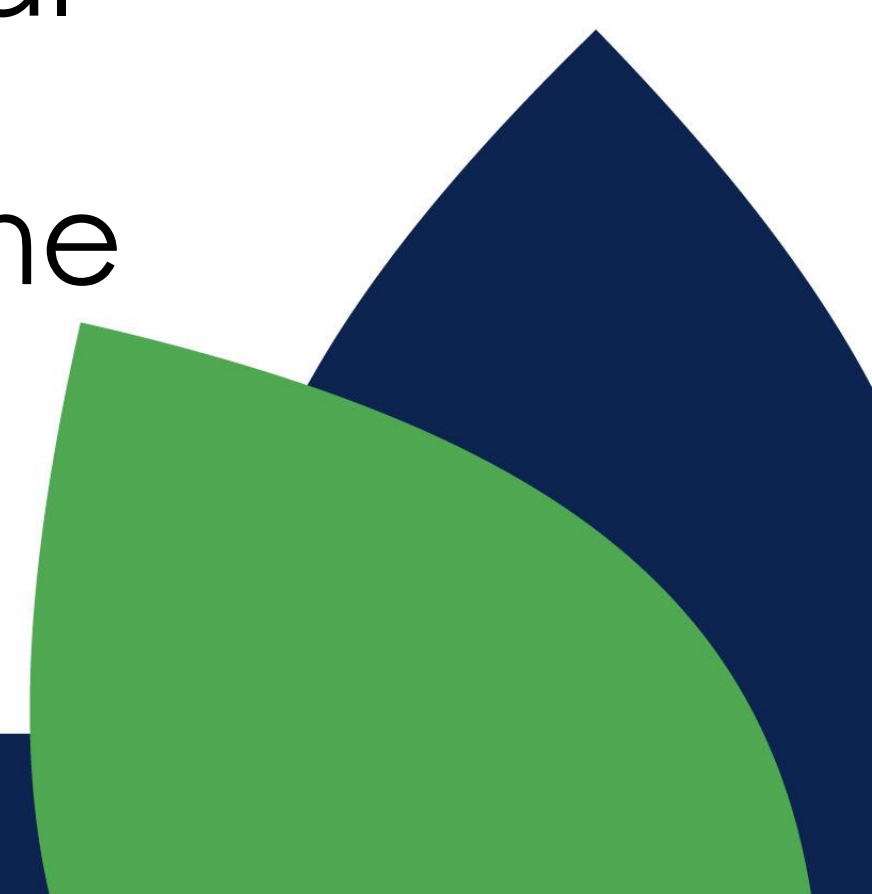
DEPARTMENT OF AGING AND COMMUNITY LIVING



Support residents with complex and critical needs:

- Case Management
- Adult Protective Services
- Nutrition Support
- EPD Waiver Enrollment
- Nursing Home Transition

DACL CASE MANAGEMENT SERVICES

- Case Managers help residents with complex needs to plan, secure, coordinate, and advocate for high quality services so they can remain in the community.
 - Provide ongoing support to help residents reach their identified goals.
 - Link clients to community-based services, including mental health supports.
 - Case Managers do not directly provide therapeutic or mental health counseling.
 - Case Management is never provided against the wishes of the individual.
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CASE MANAGEMENT

Who: District residents who are 60+ and adults ages 18-59 with disabilities who have complex needs and require coordination with multiple parties to reach their goal(s).

What: Case management is short-term support that leads to a long-term solution.

DACL helps clients identify their needs, set mutually agreeable goals, develop a plan of action to reach those goals, and provide connection to long-term services and supports.

When: When the individual wants and needs assistance.

Where: DACL provides case management to residents in the community.

How: Contact DACL at 202-724-5626.

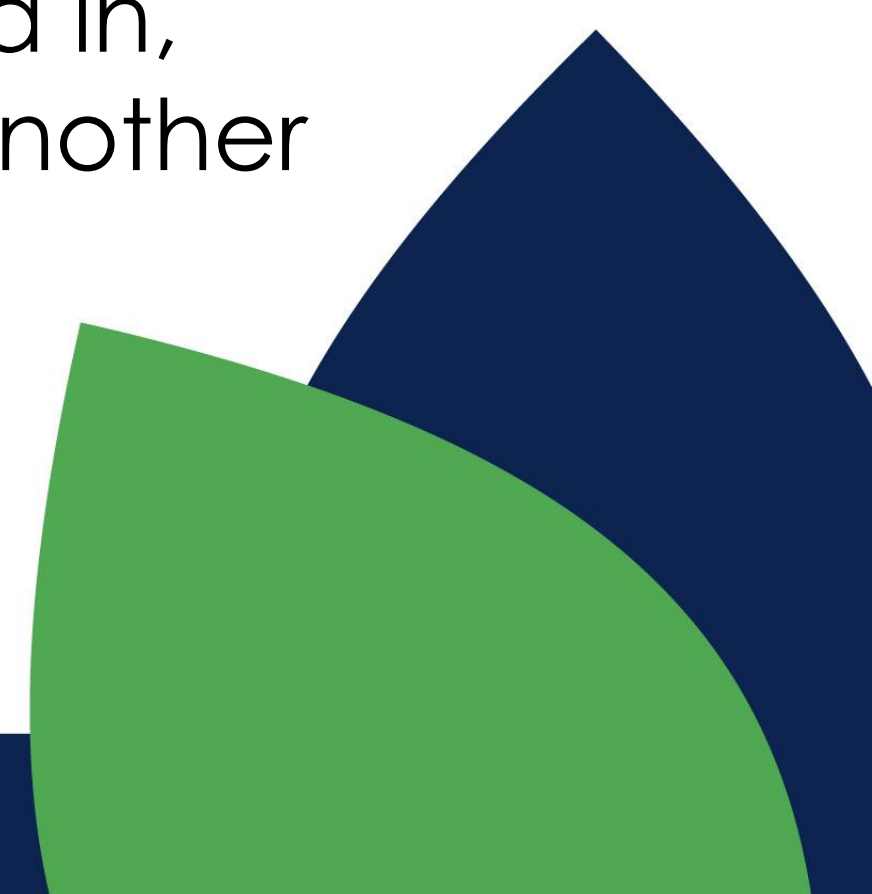


UNDERSTANDING CASE MANAGEMENT

When purchasing your first home, your goal is **to move in**. but before you can move in, you need to work with a lot of different parties, such as: government agencies, lawyers, insurance companies, lenders, utility companies, moving companies, inspectors, and contractors.

In this case, your real estate agent serves as your case manager. While he or she is not an expert in any of these areas, they are able to help you **identify your specific barriers** to reaching the goal, **set mutually agreed upon short-term objectives**, and **connect you to the resources needed** to reach your goal of moving in.

Real estate agent works with you throughout the process and once you've moved in, they close the case but tell you to call them if and when you're ready to pursue another real estate goal.



DACL NUTRITION SERVICES

- DACL provides nutrition assessments and manages the Home Delivered Meals and nutrition supplement programs
 - Includes assessing clients for eligibility and need; Enrolling in or referring clients to the appropriate program; Monitoring client participation and changes in services as needed
- DACL develops partnerships with other government agencies and community-based organizations to provide continuity among services
- DACL provide Nutrition Counseling and education to participants in conjunction with the Lead Agencies
- DACL works with partners to offer 40+ dining sites across the District


BACKGROUND & PURPOSE

DACL provides a variety of Nutrition Services to individuals 60 years and older residing in the District of Columbia who are experiencing a degree of food insecurity, hunger or otherwise the inability to prepare nutritionally adequate meals due to a variety of reasons. The overall goal of this program is to reduce hunger and food insecurity, to improve or maintain nutritional status, and to maintain the maximum function and independence of the homebound individual.

The nutrition services provided include:

- DACL works with community partners to offer 40+ dining sites across the District
- DACL works with partners to offer 40+ dining sites across the District
- Home Delivered Meals – delivered to clients' home by-monthly.
- Hot/Cold Ready to Eat Meals – delivered to clients' home four times per week. (Mondays, Wednesdays, Fridays and Saturdays.)
- Nutrition Supplements – delivered to clients' home monthly.

COMMUNITY TRANSITION PROGRAM

- Facilitates the transition of seniors and adults with disabilities from Long Term Care Facilities back to community living.
 - Provides post discharge case management for up to 30 days.
 - Provides guidance, consultation, and coordination for home and community-based services and supports.
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MEDICAID & HEALTH INSURANCE SERVICES

- DACL provides residents with assistance applying for an EPD waiver which provides an array of services to residents 65+ to remain in the community who might otherwise require nursing home care.
- Medicare beneficiaries, their families, and caregivers can access free health insurance information, counseling, education, and assistance through the DC State Health Insurance Assistance Program (SHIP). Staff provide information so residents understand the ins and outs of Medicare and can make informed decisions about healthcare and insurance coverage.

Referrals to the MES/SHIP team are made by calling IRA at 202-724-5626.

CAREGIVER SUPPORT

DACL funds caregiver support through a grant to the District of Columbia Caregivers Institute (DCCI) managed by Home Care Partners.

Participants can receive support in a number of ways:

- Home Health Aide Services through Home Care Partners to ensure that unpaid family caregivers have the opportunity to get assistance on an ongoing basis for up to 20 hours weekly of homemaker services.
- DCCI provides up to 16 hours per calendar month of respite through direct payment to participating private home care agencies.

CAREGIVER SUPPORT (CONT'D)

- DACL through, a partnership with Stoddard Baptist Nursing Home, provides five consecutive nights of respite in their facility.
- DCCI will provide reimbursement for payments made to a friend or family member who does not live with the care receiver.
- DCCI participants can submit receipts for reimbursement of payments made to any home health agency they are receiving care from.
- Classes and resources on a number of caregiver topics can be accessed via DCCI's online learning platform.
- Caregiver support groups are offered as a way for caregivers to live in community with one another.

ADULT PROTECTIVE SERVICES (APS)

- Receives and investigates allegations of abuse, neglect, self-neglect and financial exploitation of persons who may need protective services.
- Determines whether the allegations meet the statutory definitions for abuse, neglect, exploitation and/or self-neglect.
- Available for reports 24/7, 365 days a year.

To make a report call the APS Hotline at (202) 541-3950



CONTACT US

General Intake: 202-724-5626 or ask.adrc@dc.gov

Hours- M-F, 9:30 AM – 4:30 PM

Adult Protective Services: 202-541-3950

24-hours 7-days a week