

Goal 4: Home and Community-based Services

Ensure the availability of a continuum of care that supports "aging in place"

VISION: Every Washoe County senior will have access to the essential services and supports that allow them to remain in their own homes.

OBJECTIVE: Expand services designed to maintain seniors in their homes and communities as they age. Provide subsidies for those who are low income and vulnerable (frail, socially isolated or age 80+).

STRATEGIES:

- Promote integrated programs that address seniors' difficulty managing activities of daily living (ADLs)^{vi} and instrumental activities of daily living (IADLs)^{vii}, and reduce the risk of institutionalizationⁱⁱⁱ and unnecessary hospitalization.
- Encourage the public and private sectors to offer a wide array of supportive services.
- Expand WCSS's case management, in-home care, and supportive services for those who are low income and vulnerable (frail, socially isolated or age 80+).
- Maximize participation in the WCSS's DayBreak Adult Day Health^x Program.
- Expand caregiver options and supports under the Nevada Medicaid^{xi} State Plan.
- Foster integration of person-centered care model^{xii} in health and long-term care services.
- Foster nursing home diversion^{xiii} and care transitions^{xiv}.
- Implement Veterans Directed Home and Community-Based Care Program.^{xv}

ACTION PLANS:

- Leverage resources to increase the availability of home and community based resources.
- Increase the number of case managers, in-home care and support services.
- Establish eligibility criteria for low income and vulnerable seniors (frail, socially isolated or age 80+).
- Increase the number of case aides and supports for social workers.
- Evaluate the anticipated efficiencies from technology that support in-home nursing and social work tasks.
- Evaluate community demand for adult day and respite services
- Seek alternative funding for DayBreak Adult Day Health, including Medicaid and Washoe County Indigent Fund^{_}
- Develop resources for advocates to use in support of modifications to the Nevada Medicaid State Plan and for State services for seniors and people with disabilities.
- Interview providers of adult day care and respite care and determine gaps in

services.

- Expand homemaker services Evaluate personal care services
- Educate senior advocacy groups about needed Medicaid changes.
- Educate the public and providers on person-center care.

1. Activities for daily living –
 - a. Redefine medicare coverage in a way that meets complex needs of people with serious illness
 - i. Respite care
 - ii. ADL's
 - iii. Coordination
2. Expand caregiver assistance.
 - a. Develop caregiver assistance programs that meet the needs of various family configurations
 - b. Provide support and education for caregivers who are dealing with complex medical, emotional and financial issues
3. End of life care
 - a. Develop a coordinated patient centered care delivery model