

State of Nevada  
Department of Human Resources

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# DIVISION FOR AGING SERVICES



## *Independent Living Grants Annual Report*

*FY 2004*

EXHIBIT <i>R</i> HealthyNV	Document consists of <i>11</i> pages
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**Nevada Division for Aging Services**  
**Independent Living Grants**  
**FY 2004 Annual Report**  
**(October 1, 2003 through September 30, 2004)**

In 1998, the tobacco industry nationally agreed to pay \$106 billion dollars over the ensuing twenty-five years as a settlement for health related costs incurred by the states. This action ended years of litigation on the issue of the liability of tobacco companies for damages incurred to states as a result of cigarette smoking. Although the tobacco companies did not admit liability, they did agree to make certain payments to states in exchange for the states agreement to dismiss pending lawsuits.

In 2000, Nevada received its first payment of the twenty-five year tobacco industry settlement. 2004 marked the fifth year of this settlement. Nevada will receive payment for another nineteen years barring future litigation of the settlement payments, potential regulation of tobacco by the Federal Drug Administration or bankruptcy by one or all of the participating tobacco companies. Annual payments are subject to adjustment based on inflation and changes in volume of U.S. cigarette shipments.

The legislation distributing Nevada's settlement dollars (NRS 439.630) designated 30% of all revenues to be deposited in the fund for a healthy Nevada and subsequently allocated to the Nevada Division for Aging Services. The Division is charged with awarding grants to programs that support independent living for Nevada's seniors. Priority is to be given to programs that provide respite care or relief to family caregivers, transportation, and care in the home that assists senior citizens with services to allow them to remain independent and thus delay or prevent institutionalization.

Nevada's share was estimated at \$1.2 billion dollars during the course of the twenty-five year settlement period. During the past five years, Nevada's seniors have greatly

benefited from the dollars Nevada has received from the tobacco settlement. In 2004, \$5,949,341 was awarded to 64 grantees. Miles for Smiles, a dental pilot program for seniors and supported by the 2003 Nevada Legislature was included in the FY 2004 Independent Living Grant awards. \$284,850 was used to match \$311,150 for year four of the federal Alzheimer's Disease Demonstration grant.

"Nationally, Nevada continues to be the fastest growing state, having been that for the past 17 years," said Jeff Hardcastle, the state demographer. As Nevada's senior population increases and as those individuals age, the need for senior services will continue to grow. Information from the State of Nevada Demographer shows that from 2000 to 2010 Nevada's estimated senior population, 75 years of age and older, will have increased by 47.6%.

In Fiscal 2004, funding for senior services throughout the state was supported by tobacco settlement funds (\$5,949,341) and federal funding received through the Older Americans Act (\$6,679,179). Independent Living Grants have truly made a difference in the lives of 20,653 senior Nevadans. Federal funding has supported the basic senior programs (nutrition, adult day care, case management, information and referral, legal assistance, representative payee service, senior protective services and transportation. Independent Living grants have expanded those basic programs and provided additional needed services for our growing senior population.

The three priorities set by the Nevada Revised Statute 439.616 for the Independent Living grants focus on transportation, respite and supportive services.

Transportation needs and concerns of today's older adults are just the beginning of a trend that will become significant over the next few decades. Transportation needs among elders varies according to economics, lifestyle, health and geographical location. The number of people age 85-plus is growing at a much higher rate – almost four times faster – than the general population. An elderly individual with few resources and poor health finds transportation difficult today and if the individual lives in a rural area, isolation and inability to access community and medical services due to lack of transportation is a very common occurrence. Independent living grants provide funding for both rural and urban transportation for seniors. Escorted transportation programs sponsored by RSVP and Lend-A-Hand programs assist frail seniors to access services.

Regional Transit programs and Taxi Voucher programs help provide individuals with on demand transportation in Clark, Elko and Washoe Counties.

With the numbers of frail elders increasing, their needs and abilities change. In addition to their inability to drive, they may experience difficulty with their finances, personal hygiene and ability to manage on their own. Safety and well-being become a concern. Dementia and physical infirmities creep in and adult children oftentimes become both part-time and full-time caretakers for their aged parents. For full-time caretakers, the job is 24 hours a day – 7 days a week. There are no holiday nor weekend breaks. Nevada is fortunate to have respite vouchers available when a full-time caretaker is in need of a break. The Alzheimer's Associations – north and south provide respite for caretakers who have full time responsibility for loved ones suffering from Alzheimer's. Helping Hands of Vegas Valley Respite program and Northern Nevada Respite Association provide vouchers for individuals caring for elders with diminished physical and mental capacities. Independent

Living Grant funds allow these programs to exist.

Supportive services allow older individuals to remain at home when they are no longer able to drive, maintain a house or have need of someone to help them manage the complex issues in today's world. Independent Living grants fund programs that provide durable medical equipment, homemaker services, case management, home safety evaluations and home repair services. Independent Living grant funds also provide limited medical services and provide companion and nutrition services. These services complement the services funded by the Older Americans Act, Title III services (nutrition, adult daycare; legal, telephone reassurance and information, advocacy and referral among others).

**Nursing home costs now average about \$168 a day - \$61,320 a year. That is about 10% more than two years ago.**

Met Life News; Press Release April 2002

In 2004, Independent Living Grant money continued to play an integral part in helping Nevada seniors maintain independence and remain at home. Without programs like those programs funded with Independent Living Grant

money, the age related physical changes (loss of mobility/dexterity, decreased strength/stamina, reduced vision/hearing, touch and smell) would certainly result in individuals being forced into more restrictive living environments. Needed services and a cadre of volunteers who bring the outside world into a senior's home, help keep that senior in his/her own home.

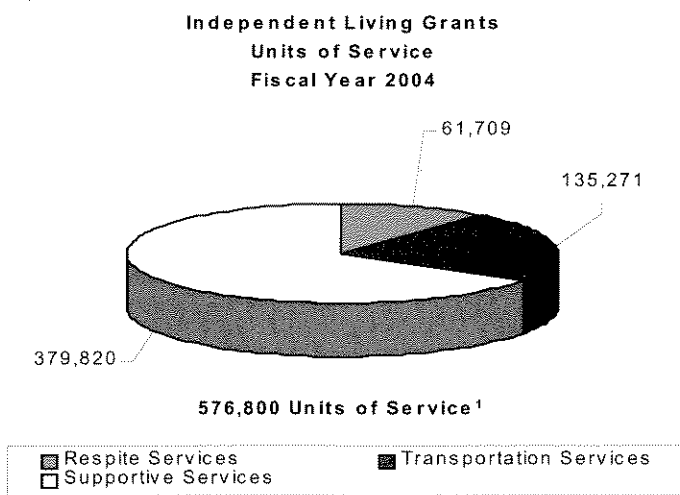
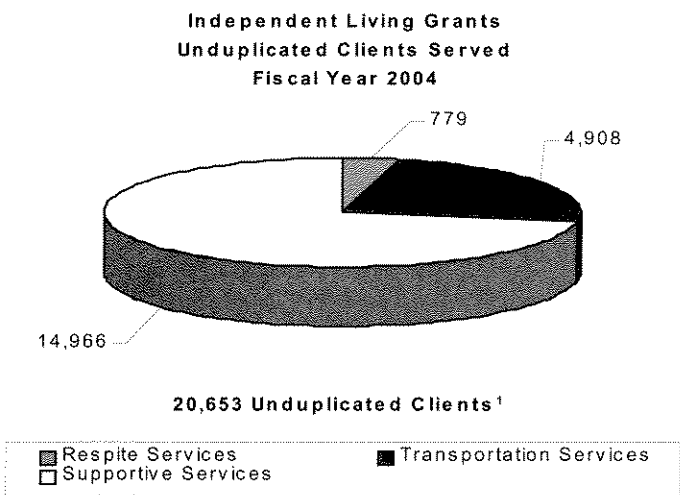
Nevada seniors run the gamut from healthy individuals who continue to work in paid jobs or who work as volunteers to provide seniors who need a few services to more frail seniors who are unable to remain at home without the assistance of a full range of services. Program volunteers (healthy and mobile seniors) assist less able seniors in preparing meals, chauffeuring, changing light bulbs and furnace filters, helping with correspondence and bills, and helping maintain a home's cleanliness. Paid professionals provide adult day care,

mental health counseling, podiatry services, counseling and case management services. All these individuals provide contacts to a world senior find difficult to navigate.

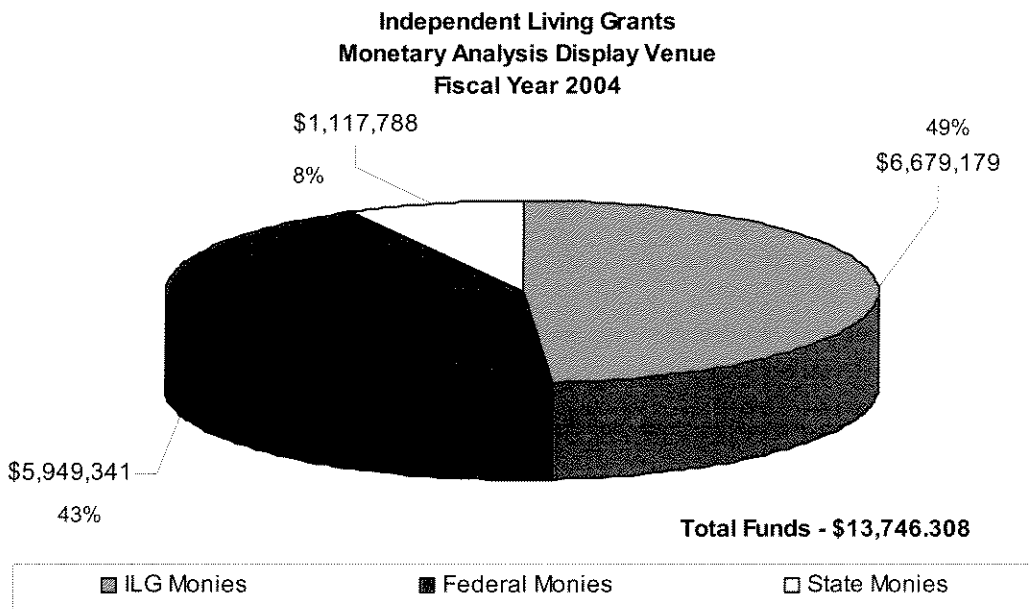
Thanks to better medical care, diets and exercise, people today are living longer than any generation before them. With longevity, however, comes disease and oftentimes-decreased financial resources. People may be surprised to find they have out of pocket expenses they never dreamed of having. Illness can eliminate retirement dreams and can move individuals from the haves to the have-nots. Individuals who were poor to begin

with find old age even more frightening than being young and poor. Additionally, older individuals often lack a support network of family and friends. Where does one turn for help?

Independent Living Grants target individuals in need but there are no stringent financial eligibility requirements. Individuals must be senior citizens at least 60 years or older to receive services. Services are targeted to Nevada's seniors to assist them with independent living and frail and homebound seniors should be prioritized.



<sup>1</sup> Figures are extracted from quarterly reports submitted by all programs. The reporting covers a 12-month period (10-1-2003 through 9-30-2004)



**The impact of the Independent Living Grant awards is represented in the following stories submitted by Independent Living Grant Program Managers.**

## **TRANSPORTATION**

### **Nevada HAND:**

- “I am completely dependent on our shuttle for all my grocery shopping, banking, pharmacy, etc. for my needs.”
- There are quite a number of residents lacking in any form of easy transportation. No family members to help us.

**Boulder City Senior Center** utilizes Independent Living Grant funds to extend hours of the senior shuttle bus. The evening run enables the senior an opportunity to attend functions they normally could not. ILG funds pay for trips to Laughlin, the Nellis Air Show and on occasion to different shopping malls. These extra trips have increased the number of seniors who utilize this program.

### **Blind Center of Nevada – Transportation:**

- Chuck, age 71, states “When I lost my sight to Retinitis Pigmentosa the most difficult adjustment for me was not being able to drive. I didn’t want to give up all of my activities, but it was challenging. I lived with my daughter who works and I didn’t want to be dependent on her. The Center helped me find and move into my own apartment. The Blind Center’s van picks me up so I can visit with my man friends at the Center and participate in activities I haven’t done for years. Life is good.”
- “I was a Title Administrator for 27 years until I lost my vision to Macular Degeneration. My world was changed forever, I lost my job, I could no longer drive and I felt like my life was over. I joined the Blind Center and enrolled in a computer training class that taught with adaptive software. Now I work at the Center; I use a 27” computer monitor with adaptive software. I live independently and I have my life back, thanks to the Blind

Center my life was changed forever.”  
Jeannie – age 60

- The most difficult thing about losing my sight to Macular Degeneration was facing the loss of my active social life. I loved to go bowling, play golf, go out on dates and take long drives looking at the countryside. I had to move in with my daughter, the last thing I wanted to do was burden her so I sat in my room all day looking at the walls. I was so excited when I got a referral to the Blind Center. Now I am on a bowling league again, I have made so many new friends and have even gone out to dinner with some of them. It is so helpful to me when the Blind Center van picks me up and takes me to the bowling alley to bowl against the other blind bowlers. We have a great time! Bart – age 84



**Pleasant Center (Winnemucca):** The seniors of Humboldt County were faced with an emergency in February 2004 when the Northern Nevada Transit Coalition program terminated services – giving 24 hours notice. Without a viable means of transportation the seniors really did become isolated. Working with City/County officials and all area service groups the senior center was able to initiate a transportation program. ILG funds provided by the Division for Aging provided needed matching funds for Nevada Department of Transportation grants.

**Nye County Senior Services:** In the past year this program has provided service to four cancer treatment patients. They have voiced their appreciation for this service. Although the trip makes for a very long day, the clients do not have to pay for an overnight stay in Las Vegas on the days they have treatment.

**CART (Churchill Area Regional Transportation)** began in January 2000 with the help of an Independent Living Grant. The program currently has seven busses and provides critical transportation to seniors and the disabled population. The program reports they provide 21,500 rides annually and clients use the service to travel to medical appointments (both in Fallon and Reno), to go shopping, to visit friends and relatives and to visit the local Senior Center for activities and lunch.

**Mineral County Care & Share:** The program was able to expand their transportation program due to an Independent Living Grant. In the past four years, two mini-vans have

been purchased. The vans enable the program to transport clients to Fallon, Reno, Carson City and Bishop for medical treatment on a weekly basis. Seniors are transported within Hawthorne and Mina to doctor appointments, physical therapy appointments, hair appointments and to the post office. The program has been able to include regular recreational trips and has even taken clients to Apple Hill, California for their Fall Apple Festival!

**Whether people can maintain independence in their communities as they age depends in part on their access to the goods, services and social contacts necessary to a good quality of life. This access relies largely on their mobility – getting themselves to and from the crucial goods, services and social interactions that are necessary to independent living.**

AARP Community Transportation Study - 1998

## RESPITE

### Community Care Respite Program:

- How can I ever thank you for all you and your service have done for me. It changed my life so very much, and whenever I called and asked your advice, you never turned me away. I have learned a lot from you.
- I have been taking care of my husband who is a cancer patient. The past 14 months he had chemo and radiation

**Today, more Americans can hope to see their parents live to old age – and more of them have care-giving responsibilities for aging parents, spouses and family members.**

treatment. During the treatment, taking him to the doctors and medical lab was very stressful. The voucher helped me greatly. Thank you very much for your help.

- Thank you for the means to have some time to relax. I went back to where all of my family lives. I was able to see a 95-year-old aunt, a cousin who was taken with cancer 2 days after I returned home, and many other dear ones. Thank you so much again for making this possible. It was such a comfort to be with them all.
- I want to thank you for the help your agency provided to help care for my disabled wife. I underwent a quadruple bypass heart surgery and the following Monday I entered St. Mary's Regional Medical center for surgery to correct complications.

## Helping Hands of Vegas Valley Respite

**Program** 379 Clark, Lincoln, Esmeralda and Nye County caregivers were provided with respite vouchers in 2004. The program reports the requests for the vouchers always exceed the amount of respite voucher money available.

- "I get a chance to escape away from my demanding life style, and what a relief."
- "Respite Care is a great program. It helped me when I was getting burned out and stressed out this spring. Keep up the good work!"
- "The respite was a wonderful break and very much needed after 7 years of no help. When can I apply again or can I?"
- "This program allowed me more personal time so I was more relaxed and able to respond to the needs of my mother until she passed away."

**- Nearly 1 in 4 households is providing care for adults 50+.**

**- Over 80% of the care provided to older adults is provided by family caregivers.**



## SUPPORTIVE SERVICES

**Reno Housing Authority** (case management and homemaker services): The most important outcome of the program concerns the two annual housekeeping inspections that are required by RHA and HUD. These inspections must be passed in order for a resident to stay in his/her home. To date, 100% of the clients receiving case management services have passed these inspections.

- A 76-year-old resident was maintained in her apartment with homemaker services until 2003. She utilized oxygen for a severe chronic obstructive pulmonary disease. She had diabetes and was incontinent of bladder. She ambulated with the assistance of a walker.
- A 90-year frail widow was pressured by her family to move into a long-term care facility. She did not consider this a viable option. She was unable to maintain a safe

and clean environment without assistance. Homemaking and personal care service ensured that she could remain in her apartment until an illness caused her to be admitted to a hospital for acute care. She passed away four days later.

### Lutheran Social Services – Volunteer Care:

- A woman recently lost her husband. She was in need of food and companionship. The program assisted with food and arranged to move the woman into a clean, safe and affordable apartment. The woman was connected with another client who had a similar need for socialization.
- The program assisted a 62 year-old senior who was at risk of being evicted from her apartment. Staff helped the woman apply for Social Security and move into an affordable studio apartment. Subsequently the woman was able to obtain part-time employment.



**Special Advocates for Seniors (SAFE):** This program gives a voice to frail and sometimes confused seniors whose basic rights might otherwise be ignored.

- Illness caused a 70-year-old woman to decline both physically and cognitively. Within a few days of a notice of foreclosure, a predator couple moved into the house with the woman and obtained a power of attorney. Authorities were alerted and the woman was put under a temporary guardianship and moved into a nursing facility. Within a few weeks, she showed a dramatic improvement. A SAFE volunteer was assigned to work with the temporary guardian in locating suitable housing for the woman. The temporary guardian, however, sold the woman's house and belongings without input from either their client or the SAFE volunteers. The SAFE volunteer is currently working with the woman's attorney in an effort to get the woman back into a less restrictive setting.

#### **Catholic Charities of Southern Nevada Senior Companion Program:**

Senior Companion Programs provide enrichment to homebound elders.

- A Mexican born and bi-lingual volunteer was paired with a woman from China who spoke very broken English. However, coming from opposite ends of the world has not stood in the way of making their companion/client match work to their advantage. Initially the two women would utilize hand gestures to communicate. Now the volunteer has learned a few words of Chinese and the client has learned a few words in Spanish. They visit China town regularly and eat in Mexican restaurants. They continue to learn from one another and have found the companionship they share helps both of them feel less lonely.
- 87 years old, frail and unable to ambulate very well. She has only one surviving family left and that brother lives in a

nursing home. The client, who is not able to drive, had only been able to visit him infrequently. Enter the Senior Companion Volunteer. The volunteer picks the client up and arranges for the nursing home staff to provide a wheelchair to the client so that she can easily traverse the long halls to the room where her brother lives. The Volunteer waits patiently while the client visits her brother. At the conclusion of the visit, the volunteer takes the client home and escorts her into her home. The client is grateful to the volunteer for making the visits possible and the volunteer's life is enriched by the opportunity to make a difference in the life of a senior.

**Care Chest (Durable Medical and Nutritional Supplements):** The National Institute for Aging states malnutrition as a common risk for people over the age of 65. Many seniors cannot digest solid foods and rely on liquid nutritional supplements that are expensive – costing in excess of \$100 a month if the senior is relying on the supplements as the major source of nutrition. Individuals utilizing these supplements include individuals suffering from cancer, COPD, osteoporosis and dysphasia (inability to swallow). Care Chest states the average income for seniors utilizing this program was \$839 with two people living in the house!

- A 70-year-old Care Chest client who lives with his wife has a household income of less than \$1,100. He has been a diabetic for decades and is on Medicare. He cannot afford to pay the 20% that Medicare does not cover for his monthly supply of test strips. His insulin and syringe needs are not covered at all. He receives those necessary items each month from Care Chest, free of charge, so he can maintain and monitor his diabetes, avoid serious complications and remain healthy.

- Care Chest loaned a 108-year old client a fully electric Hospital Bed in order to help her get in and out of bed safely and independently. The client, born in 1896, enjoys good health, remains mentally alert and thrives in the attention given to her by her 3 daughters and many grandchildren. One daughter attributed her mother's longevity to hardy Norwegian genes and the fact she does not go to doctors nor take any kind of medication!

#### **Catholic Charities of Southern Nevada – RSVP Telephone Reassurance Program:**

A client reported to program staff they might have saved her life. The client had not been feeling well for several weeks but refused to go to a doctor. The Telephone Reassurance caller kept insisting that the client contact a doctor and finally the client did. The physician determined the client's blood pressure to be at stroke level and stated if he had been notified any later, the client might well have suffered a stroke and possibly death.

#### **Elvirita Lewis Foster Grandparent Hearing Aid Program:**

Since the inception of the Hearing Aid Program, over 300 seniors have qualified for services and have received evaluations, fitting and hearing devices.

- A client writes, "I can finally hear a conversation and my children don't hear – Huh? What? It's such a thrill to be able to hear a movie on T.V. I am so grateful to everyone who made this possible for me. Thank you from the bottom of my heart!"
- Another client writes, "I love my hearing device. It has helped me a lot. My family loves my hearing device because I can hear them and they do not have to repeat everything they say to me. It makes it so much easier for all of us. I want to thank

you for helping me get the hearing device. Without your help, I would not have gotten a hearing aid. So again, Thank You."

#### **Shaffer Heights – Home Care Program:**

Each resident has passed their annual inspection and no resident has been evicted or sent off to a nursing home. Further, we have initiated a citizen satisfaction survey that is filled out by residents receiving the cleaning services and they acknowledge how much better they feel about living in their unit as a result of the service and the reassurance it provides that they can continue living independently.

#### **Sanford Center RSVP Volunteer Outreach Program:**

**AARP conducted a nationwide telephone survey of older Americans in 1999 and 67% of the individuals contacted stated they believed making changes or modifications to their homes would allow them to live there longer. An additional 85% of the respondents had already made simple changes to their homes.**

Every Tuesday, a Volunteer visits an 85 year old client to take her to and from her medical appointment, to pick up prescriptions, take her shopping, out to lunch or sometimes just take her for a drive. The client lives alone and has not driven for years. She has been very appreciative of the help she receives from this Volunteer and from the program. Her quality of life has been improved by the program

volunteers at RSVP.

#### **Nevada Adult Mental Health Services:**

A client with multiple physical problems (obesity, diabetes, hypertension, chronic obstructive pulmonary disease, arthritis and fibromyalgia) and a mental health diagnosis of Major Depressive Disorder, Recurrent, and Panic Disorder Without Agoraphobia, as well as Polysubstance Dependence sustained full remission. She lives in an apartment provided by Shelter Plus Care through Nevada Adult Mental Health Services. The client was initially very isolated and resistant to taking an antidepressant. However, since beginning

services with the Southern Nevada Hospital Outpatient Program, the client is now attending psychiatric out-patient support group sessions for seniors twice a week and recently started taking an antidepressant. She reports “feeling better” and her behavior supports this self-assessment. She recently stopped receiving home health services and is managing related tasks independently.

**Nevada Caregiver Support Center – Reno** provides counseling, training and support groups to caregivers.

- “I have been well-pleased with the services we’ve used up to this time. I’m sure we will need additional ones as time goes on. We have taken advantage of caregiver classes, and Coping with Changes. Brie recently told us about Citilift, and thanks to her we will begin using it May 3<sup>rd</sup>.”
- I believe every person with this disease is an individual case. No one is the same or receives the same treatment but with these classes you teach, they gave me the skills to solve most problems. The support groups helped me to know we are not alone, they are fun and give you a chance to laugh besides helpful ideas to solve problems from other caregivers. I appreciate all of your help. I feel I can call your offices at any time for special help with a problem.”

**Nevada Caregiver Support Center – Las Vegas** provides counseling, training and support groups to caregivers.

- “This group has saved my mental health and helped me refocus my life and relationship with loved ones.”
- “These group meetings are Fantastic – Superb!! It is my lifeline! It has absolutely saved my psychological health. I was in a red hot rage for a about a year over many losses in my life....I will thank god for this as long as I live.”

Words can't express how important this group has been to me not to mention my family who has to live with me!”

**Elvirita Lewis Senior Companion Program:**

The client suffered two strokes and a heart attack. Her son sold all her belongings as he thought she would not live – she did. He then moved her from California to Nevada so she could live with him. The client’s SSI income was just \$600 a month – not enough to find other living accommodations. The son used drugs and allegedly threatened to kill his mother so she stayed locked in her room and came out only when her son was at work. Enter the Senior Companion Volunteer who took the client to adult protective services, assisted her in getting into a shelter, helped her with the paperwork to get medical coverage, assisted with the application for low income housing, signed her up for a hearing aid, and arranged for temporary storage of what small amount of belongings she had left. Once the client was secure in a new living situation, the Companion signed the client up with the Foster Grandparent Program and involved her in the Senior Companion Reno Hilton Christmas Gift Wrap Program. To say the Senior Companion changed this woman’s life, would be an understatement.

**Rebuilding Together with Christmas in April:**

- The kitchen sink had been disabled due to a serious leak for the past three years. The client, confined to a wheel chair, had been carrying the dirty dishes in her lap into the bathroom so the dishes could be washed in the sink or sometimes the bathtub. Enter Rebuilding Together with Christmas in April and the kitchen sink was repaired. The client is now able to do the simple chores we all take for granted.
- The client could walk but not well and was unable to climb stairs because of severe knee problems. She had been literally crawling up the stairs and sitting on her

behind to come down the stairs. A new ramp gave the client back her dignity and allowed her to enter and leave her home in an upright position.

### **James Seastrand Helping Hands of North Las Vegas Home Repair Program:**

This program does minor home maintenance and repairs to ensure senior citizens can live safely in their homes. The program focuses on minor repairs where other Clark County programs focus on major repairs. Air filters and smoke alarm batteries are changed during initial assessments. Minor plumbing repairs might only require a small part, a few minutes and some know how. Left undone, the problem increases the cost of a senior's water bill by \$20 a month. If the client is forced to call in a plumber the average charge is \$75 before any problem is diagnosed or work begun. If a senior has trouble paying for food and prescriptions, then imagine how he/she is supposed to pay for a plumber.

### **Mt. Grant Hospital Home Health Program:**

Client advocacy is provided for frail seniors in addition to homemaking services.

- A homemaker encouraged a client to see her physician and when the client failed to schedule an appointment, the homemaker notified the Program Director. The physician was contacted and he hospitalized the client for needed treatment. Without the treatment the client's health would have continued to decline.

**Miles for Smiles Dental Program – Clark County:** Poor oral health compromises so many aspects of a person's overall health. Access to dental care reaches far beyond having teeth fixed (fractured teeth, extreme periodontal disease, infections in the teeth). Self-esteem and the fact that someone cares affect patients greatly. Clinical Director, Dr. Tyree Davis, states, "seventy-five percent of our patients are so happy that they cry at their first visit.

- "If it wasn't for you, I don't know what I would have done. I have no way to afford this."
- "I will be so happy to be able to eat something normal again."
- My grand baby cries every time he sees my smile, I am excited to have teeth that won't scare him."

### **Pershing County Senior Center Advocacy Program:**

Help was provided to a senior who learned she would need to find low cost accommodations in Reno while she underwent treatment at the Nevada Cancer Institute. The Program Advocate researched living accommodations in Reno, provided the information to the client and the client and her family was able to make arrangements for the scheduled treatment.

### **Independent Living Grant Services**

Adult Day Care  
 Caregiver Supportive Services  
 Case Management  
 Case Management – Elder Protective Services  
 Durable Equipment and Health Care Products  
 Emergency Services  
 Food Pantry  
 Geriatric Health and Wellness  
 Health Education  
 Home Care Service  
 Homemaker Service

Home Services  
 Information Assistance & Advocacy  
 Legal Assistance  
 Lifeline  
 Medical Nutrition Therapy  
 Podiatry Screening  
 RSVP Volunteer Services  
 Senior Companion Services  
 Transportation Service  
 Volunteer Care  
 Voucher Services (Respite Care & Taxi Vouchers)