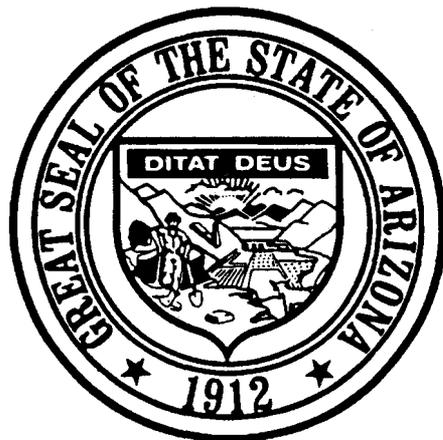


1996

**Governor's Advisory
Council on Aging**

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GOVERNOR'S ADVISORY COUNCIL ON AGING

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1996

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GOVERNOR'S ADVISORY COUNCIL ON AGING

ANNUAL REPORT 1996

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GOVERNOR'S ADVISORY COUNCIL ON AGING

1991-2000 • A DECADE OF PREPARATION

March 31, 1997

Honorable Fife Symington
Governor of Arizona
Capitol Tower 9th Floor
1700 W. Washington
Phoenix, AZ 85007

Dear Governor Symington:

It gives me great pleasure to submit to you the Council's 1996 Annual Report. In keeping with our mandate we continue to be actively involved in promoting the well-being of all elderly people in Arizona.

The state's population continues to grow at an unprecedented rate but the fastest growth is in the 85+ population. This age group presents the greatest challenges. Arizona's aging network works hard to develop innovative programs to allow the oldest of the old to remain at home, independent, for as long as possible.

Working in unison with the aging network made up of state departments under your leadership, community agencies, and aging advocates, we at the Council strive to follow your lead. We continuously promote cost efficient and effective services and place special emphasis on the development of public/private partnerships.

The Council is well aware and promotes recognition of the significant contributions of seniors to Arizona's community and economy. While we applaud recent efforts to promote relocation of affluent seniors to the state, we continue to explore how Arizona can best meet the needs and wants of its current residents, and of those who relocate to Arizona, especially as they age.

It is our intent, through this report, to give you and other readers a glimpse of the many facets of aging which occupy Council efforts. We thank you for your interest in Arizona's senior population.

Sincerely,



John J. Templin
Council Chairman

This annual report contains a synopsis of the major activities of the Council during 1996. The success of these events was due in large part to the excellent staff of the Council. Ms. Lupe Solis, Ms. Maggie Dembowski, Ms. Helen Perez and Ms. Beverly Mata worked long and hard to ensure Arizona's senior citizens were well represented and served during 1996.

Anne Lindeman
Executive Director

M I S S I O N

The Governor's Advisory Council on Aging's mission is to advise the Governor, the Legislature and all state departments which the Council deems necessary on all matters and issues relating to the aging, including the administration of the State Plan on Aging.

To carry out its mission the Council plans, promotes or develops programs and activities to improve the well being of all older Arizonans with emphasis on the frail elderly. The Council accomplishes these objectives in a variety of ways.

A major activity of the Council is writing or promoting legislative proposals to create, guide or improve services to benefit Arizona's elderly.

Another major activity is the review and approval of the three-year State Plan on Aging. Due to the delay in the reauthorization of the Older Americans Act in 1996, development of the plan was postponed until 1997. Local community hearings for comments to the new plan will be hosted by the Council in mid-1997. The reauthorization of the act is expected sometime in mid-1997.

The Council continuously develops and co-sponsors training workshops on current aging issues or trends in cooperation with the Area Agencies on Aging, the Department of Health Services, the Department of Economic Security, the Department of Insurance, the Office of the Attorney General and the Department of Transportation.

Another way the Council carries forth its mission is by fostering and celebrating the growth and continued development of aging interest groups and their successes. Council staff provides legislative updates to local and regional groups, such as the Arizona Coalition on Aging, the Northwest and the East Valley Legislative Committees, local committees on aging and other aging organizations to help them achieve their legislative advocacy goals.

The Governor's Conference also provides opportunities to highlight new programs. The Area Agency on Aging, Region One unveiled its Domestic Violence Among Older Couples Campaign and presented a skit to sensitize people to the problem at the 1996 conference. The Arizona Chapter of the Older Women's League unveiled its 1996 Mother's Day Report, "Faces of Care: An Analysis of Paid Caregivers and Their Impact on Quality Long Term Care" at a conference luncheon, attended by over 100 aging advocates.

Long held Council contacts produced scholarships for Council Chairman John Templin and members Don Schneider and Barbara O'Dell to the Close Up Foundation's Older Americans Program in Washington, D.C.

In addition, then Acting Executive Director Lupe Solis was invited, at Close Up's expense, to attend the Foundation's 25th Anniversary Celebration, in recognition of efforts to promote the Foundation's goals of civic education and involvement.

This year demonstrated the success of Council efforts to promote cohesiveness within the aging network, and of its pursuit of private/public collaborations.

In the summer of 1996, the Council undertook a review of council subcommittees' mission and goals statements in order to update the Members' Handbook.

Throughout the summer of 1996 staff visited senior centers in Benson, Patagonia, Tombstone, Huachuca City, Sierra Vista and Casa Grande and reservation centers in White River and Cibecue to view local needs first hand. The most frequently mentioned lack was transportation for the seniors. Even when approved for the Department of Transportation's B-2 program, rural Senior Centers experience waits of as much as two years for their new vehicles. The Council asked the Department of Transportation to expedite the vehicle adaptation process in order to ameliorate the transportation problems, particularly in rural areas.

L E G I S L A T I O N

The 1996 legislative session marked a busy time for the Council. Prior to the beginning of the session, the Council subcommittees had suggested priorities for action. The focus was legal protections for the elderly.

The legislative session galvanized the aging network to action. The Aging and Adult Administration of the Department of Economic Security, the Area Agencies on Aging, community agencies and aging organizations statewide collaborated in advocacy efforts to obtain approval of several legislative proposals. The following bills were successfully included:

H.B. 2071 approved statewide expansion of a formerly Maricopa-County-only pilot program for respite care services for caregivers of the elderly. The bill carried an appropriation of \$185,000. Approved as session law only, it will require legislative approval in 1997 to make the program permanent.

Powers of attorney have a legitimate use for many business purposes. Unfortunately, they are also often used to exploit and defraud the principals, particularly vulnerable elderly. In 1995, the Council introduced a bill to try to correct such inequities. Although unsuccessful, in 1996, the Council again sought a solution to the problem of financial exploitation of the elderly. The result was H.B. 2457

H.B. 2457 Vulnerable Adult; Financial Exploitation; Penalties, (Chapter 274) originally drafted to attempt to

regulate the abuses perpetrated through the use of Powers of Attorney, was amended to target financial exploitation of the elderly by those supposed to be safeguarding their assets through fiduciary relationships.

H.B. 2053 defined emotional abuse as a pattern of ridiculing or demeaning vulnerable adults in any setting in which health care, or health-related services... are provided. Derogatory remarks, verbal harassment and/or threats to inflict physical or emotional harm on the vulnerable adult are included in the definition.

The bill which became Chapter 357 was introduced by the Attorney General's Office. It was developed in response to a highly publicized case of abuse in a nursing home setting where health aides had intimidated and threatened residents for an extended period of time.

Through this bill emotional abuse joins physical and sexual abuse, imprisonment and neglect as an abuse crime against older adults.

The aging network was also successful in obtaining an increase of \$540,000 in the appropriation for the Department of Economic Security's adult services budget. The additional monies helped to meet increased demands in non-medical home and community based services for the elderly. These services, provided through the area agencies, support frail elderly in their homes who, because of financial or frailty eligibility requirements, do not qualify for AHCCCS's Long Term Care Services.

P L A N N I N G

The dramatic growth in aging demographics nationally and in the state presents numerous challenges. State program planners are keenly aware of the need to create services that are flexible enough to meet not only today's needs but future demands.

If current state efforts to promote Arizona as a retirement haven are successful, Arizona's service network will need to expand and utilize the most up-to-date technology for service development.

Arizona's experience with Youngtown and Sun City, where many residents whose incomes were ample in the '60s, are now facing economic hardship especially in meeting today's health care costs, is a constant reminder for program planners.

Although wealthy seniors are the focus of the newly formed Arizona Office of Senior Living, eventually all older adults may suffer health setbacks and become impaired.

Because current development efforts are being targeted to rural areas, it will be ever more important to ensure availability, accessibility and affordability of services. Even well off seniors may find themselves hard-pressed to find or pay full cost for services needed.

Although all segments of the state's population are growing significantly, the 85+ group is growing the fastest. Today, 69,798 persons 85 years of age or older reside in Arizona.

By the year 2010, this age cohort will total 132,950 — a 200 percent increase. It is well known that frailty levels are highest among persons 85+ years old.

The scarcity of services in some rural areas exacerbates the problem. The Council recognizes the challenge and holds in high priority the need to meet not only the needs of a local population which is growing older, but the needs of those being actively invited to choose Arizona for their retirement years.

Demographic projections spur the Governor's Council to continued emphasis on increased development of public/private partnerships and innovative projects. Thus, projects such as the respite care program for caregivers, MEAPA, the Maricopa County Elder Abuse Prevention Alliance and Maricopa County's Office of Long Term Care's Supportive Residential Living Pilot received the Council's ongoing, active support.

The State Plan on Aging, developed by the Aging and Adult Administration of the Department of Economic Security, includes strategies for the development of innovative projects and also tracks units of service provided to Arizona's elderly.

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The Aging and Adult Administration of the Department of Economic Security, the state's unit on aging, reports the following services funded by the Older Americans Act for FY-96:

	ACTUAL '96	ESTIMATE '97
<u>Home Delivered Meals</u>		
Number of Persons	8,737	9,076
Number of Meals Units	1,580,532	1,643,030
<u>Congregate Meals</u>		
Number of Persons	34,596	46,180
Number of Units	1,493,260	1,123,619
<u>Legal Services</u>		
Number of Persons	2,975	2,727
Number of Units	15,905	14,585
<u>Transportation</u>		
Number of Persons	8,730	9,460
Number of Units	948,757	1,002,884
<u>Adult Day Care</u>		
Number of Persons	326	301
Number of Units	410,325	379,363
<u>Respite</u>		
Number of Units	47,149	37,202
<u>Health Promotion</u>		
Number of Units	10,603	6,554
<u>Multipurpose Center</u>		
Number of Persons	15,295	24,827
Number of Units	104,948	170,264
<u>Home Repair/Adaptation</u>		
Number of Persons	38	26
Number of Units	777	515
<u>Long Term Care Advocacy</u>		
Number of Persons	1,588	1,562
Number of Units	23,186	22,806
<u>Coordination</u>		
Number of Units	42,890	23,653
<u>Counseling</u>		
Number of Persons	3,131	2,422
Number of Units	25,631	22,742

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Poverty in Arizona, a report of the Arizona Community Action Association, Inc., published in 1996, indicates that poverty rates among Arizona's elderly have decreased since the '70s when poverty rates were higher among the elderly than among children.

But, although the current poverty rate for those persons 65-75 years of age is 9.3 percent, the rate for those 75 and older is 13.2 percent. Furthermore, variations by county and for minority populations are dramatic. The variances are significant and indicate an uncertain tomorrow particularly for minorities and low-income elderly.

Current societal attitudes that emphasize self-determination and shared-responsibility are redefining or diminishing traditional safety nets. The impact of these changes is usually negative or, at best, uncertain.

Last year, for example, the cuts to the General Assistance Program severely impacted elderly program recipients who depend on this stipend while awaiting disability determinations. The passage of the Welfare Reform Act by Congress also gives rise to concerns over the fate of frail, low income legal residents who will lose their Supplemental Security Income and may lose their long term care coverage.

The Governor's Council continues to insist that all reform proposals must review all possible scenarios and analyze

impact projections, particularly for the elderly, before decisions are made.

Although the aging community welcomes efforts to enhance, reform and redefine concepts of self-determination and independence for government programs, safety net programs are and will always be needed. They fill the gaps for those segments of our population who, because of financial hardships and physical or mental disabilities, are least able to sustain themselves, namely children and the frail elderly.

Congressional activity in 1996 set in motion an expected but worrisome trend. Federal budgets were not approved until late December; agencies were forced to operate programs under continuing resolutions — always under threat of cuts and reduced budget authorizations.

Area Agencies on Aging managed to maintain services and calm people's anxieties about service continuance. They made hard decisions in order to maximize dollars and minimize deleterious impacts. The Council promoted the preservation of Older Americans Act programs and advocated for budget appropriations sufficient to the needs.

In August, Congress passed the Welfare Reform Act. Although not primarily aimed for older adults programs, its passage requires watchful scrutiny by the aging network. The Governor's Council began a review to try to understand the changes welfare reform brings and how best to serve people within the new guidelines and constraints.

C O M M U N I C A T I O N

September saw the introduction of a new Council newsletter, the *Council Update*. It will be published quarterly. It is intended to inform the aging network of Council activities and efforts.

Once again the World Affairs Council asked the Council to acquaint foreign visitors with U.S. aging policy and state aging services. Foreign officials came from Japan and Turkey. As usual, they were eager to learn how aging services work in Arizona and expressed amazement at the sophistication of the service system.

It is also common for the Council staff and members to be invited to address groups and participate in panel discussions. 1996 was no exception. Council staff and members attended and/or presented at the National Indian Conference on Aging in Prescott in April, the National Academy of Aging meeting at the University of Arizona in early May, the Senior Connection meeting in Casa Grande in July, the Phoenix Mayor's Forum in August and University of Arizona and Phoenix College ASMAT classes on women's and other aging issues. Council members represented the Council in meetings statewide.

By invitation, Council staff attended the Domestic Abuse Conference hosted by the American Medical and the American Bar Associations in Palm Springs in early March. Information received will help the Council explore strategies to counter the prevalence of domestic violence among the elderly.

In early May, over 600 people attended the 8th Governor's Conference on Aging, "Aging in Arizona: Diverse Peoples, Diverse Places," held at the Mesa Community and Conference Center. Attendance ran approximately 50 percent seniors and 50 percent professionals in the field of aging.

The conference marked the first major collaborative effort between the Governor's Advisory Council on Aging and the American Association of Retired Persons who co-sponsored the conference.

The evaluations indicated a high level of satisfaction with program quality and content, speakers and topic diversity. The eight tracks: Lifestyles, Intergenerational Issues, Elder Protections, Disease Management, Continuum of Care and Life Choices were a perfect corollary of older adults' interests and concerns. Idea exchanges, poster sessions and round table sessions explored innovative programming ideas. The 63 workshops represented the latest trends and ideas in the field of aging.

The Governor's banquet keynoter, Dr. Stephen Sapp of the University of Miami, captured the audience's interest with his "What Does One Generation Owe Another" speech.

The conference was developed with the help of numerous agencies, academicians, volunteers and advocates who collaborated to make it a huge success. Over 150 volunteers participated in the two-day event which received generous corporate financial support.

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Alzheimer's disease affects over four million persons in the United States. In the initial stages most of these people are cared for by their families. But the unrelenting physical and emotional demands placed on their caregivers leads to burnout and to premature placement of Alzheimer's patients in institutions.

The Alzheimer's Demonstration Project was approved by Senate Bill 1143 in 1995. The pilot was to develop social model settings of residential care specifically designed for persons in the early and middle stages of Alzheimer's and other dementias. The facilities were to offer activity-oriented programs for persons in the early and middle stages of the disease while promoting the families continued involvement.

In 1995, the Council received a Flinn Foundation grant to provide technical assistance to facilities seeking to become part of the demonstration project. The goal was to help develop preventive and risk reduction settings where care could be provided to these patients at a lesser cost than in skilled nursing care facilities.

By the end of 1996, 11 facilities, including one in Prescott and one in Tucson, were participating in the demonstration project. Four others are scheduled to come on board in early 1997.

The Legislative Oversight Committee is expected to make its report and recommendations at the conclusion of the demonstration project period in 1998. The Council

participates in the Oversight Committee and continues to facilitate the implementation of their recommendations.

The Council also actively continues to facilitate the public policy efforts of the Alzheimer's Association Chapters and is pleased to recognize the increasing strength and sophistication of the three state chapters located in Tucson, Prescott and Phoenix.

I N T E R G E N E R A T I O N A L

In November the Council co-sponsored the 9th Conference of the Arizona Intergenerational Advocacy Program (AIAP). This event is a collaborative effort between the Area Agency on Aging, the Governor's Council and both the national and the Arizona Close Up Foundations. This year corporate support came from FHP and The Salt River Project. Close Up has provided seed funding since the Council initiated this event in 1988.

The conference was a unique gathering of 50 high school students and 50 senior adults. They met for a day and a half to learn how to review issues and create change.

"Age Stereotypes, How They Are Formed and How We Can Change Them," provided the perfect topic to analyze stereotypes. Participants discussed the part news media, advertising and entertainment play in shaping and developing public policy and private sector practices.

For example, employment stereotypes may hold that one can be either too old to learn; too young to have experience; too unreliable, if young; too sick, if old. The harmful aspects of long practiced biases can be reduced and corrected only if we are aware of them and their effect on society. Participants' comments indicated a successful meeting:

- I'll be more tolerant of all age groups — minus the "labels"!
- I'll be more conscious of age stereotyping — both positive and negative.

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Suicide prevention efforts were the focus of renewed Council attention in 1996.

The rate of elderly suicides in the state continues to be high and sadly their suicide attempts are more successful than those of other age groups. Suicide attempts among the elderly succeed three out of four times, as compared with more unsuccessful attempts among teenagers.

The 1994 "Shadows in Life: Suicide Among Older Adults," Council conference issued a recommendation to sensitize the public and medical care practitioners to at-risk behaviors and warning signs. Throughout 1995 and 1996, the Council supported Department of Health Services efforts to implement this recommendation by developing workshops statewide for primary care providers.

A Suicide Prevention Task Force organized by the Office of Older Adult Health and chaired by Lupe Solis, the Council's Senior Program Specialist, conducted workshops in Prescott, Mohave County and the Miami/Globe area. The workshops were developed with local assistance and utilized curriculum developed by the Task Force whose membership was made up of aging organizations statewide. The curriculum is available for future presentations. As a continuation of its work in the area of suicide prevention the Council presented a "Depression and the Elderly Conference," in Sierra Vista on December 4.

The conference brought together 130 medical and mental health professionals, case manager, caregivers and others to discuss ways to combat depression and suicide among the elderly. Local and area experts presented valuable information. At the conclusion of the workshop, participants were able to 1) recognize the prevalence signs and symptoms of depression and alcohol abuse in seniors, 2) identify treatment approaches, 3) recognize side effects of anti-depressant medications, 4) discuss interventions and 5) identify referral mechanisms and resources.

There is yet a lot of work to be done in this area, including sensitizing the aging service community to the extent and pervasiveness of the problem. The Governor's Council continues to look for opportunities to present this message of prevention as often as possible.

It is the quality of life that counts and not the number of years we live.

Elizabeth Kubler-Ross

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Throughout 1996 the council enlisted financial and planning support for the Governor's Conference on Aging and other Council events from many private and public sector sources. We are truly appreciative of their prompt and generous response when called upon. We gratefully acknowledge the support of the following:

Blue Cross/Blue Shield, Columbia Medical Center's Senior Horizons, Del Webb Corporation, FHP, First Interstate Bank of Arizona, Humana Gold Plus Plan, Intergroup, Mercy Healthcare Arizona, Salt River Project, Scottsdale Village Square, Shamrock Foods, SmithKline Beecham Pharmaceuticals, Southwest Gas and Sun Health.

Also community aging organizations such as:

The American Association of Retired Persons, the Arizona Area Agencies on Aging, Arizona Association of Retired Teachers, Arizona Council for Senior Citizens, Arizona Department of Health Services Office of Older Adult Health, City of Phoenix's Human Services Department, Senior Services Division, The Department of Economic Security's Aging and Adult Administration, East Valley Legislative Committee, Glendale Committee on Aging, Maricopa County Council for Senior Citizens, Mesa Committee on Aging, Mesa Senior Centers, Inc., NARFE, The National Committee to Preserve Social Security and Medicare, Northwest Valley Legislative Committee, Older Americans Month Committee of Maricopa County, Pinal/Gila Counties' Senior Connection, SEAGO, Area Agency on Aging, Region VI, Southeast Arizona Area Health Education Center, Sun Cities Area Community Council, Tempe Committee on Aging, Tempe Community Council, The City of Mesa, University of Arizona Center on Aging, and others too numerous to mention.

The Council also benefited from the assistance, during the Governor's Conference development period, of Salt River Project's employee, Catherine Creamer. This support is the result of continued collaborations and expresses high confidence in the work of the Council.

The purpose of life is to live it, to reach out eagerly and without fear.

Eleanor Roosevelt