Dancing Sky Area Agency on Aging

Area Plan

January 1 to December 31, 2020

Counties Served:
- Becker
- Beltrami
- Clay
- Clearwater
- Douglas
- Grant
- Hubbard
- Kittson
- Lake of the Woods
- Mahnomen
- Marshall
- Norman
- Otter Tail
- Pennington
- Polk
- Pope
- Red Lake
- Roseau
- Stevens
- Traverse
- Wilkin
2020 AREA PLAN INSTRUCTIONS
FOR AREA AGENCIES ON AGING

GENERAL INSTRUCTIONS
This document, and related attachments, contains Instructions for
the Calendar Year (CY) 2020 Area Plan. This plan covers the
period from January 1, 2020 through December 31, 2020.

The Area Plan, both the email submission and the printed signed
hard copy, must be submitted by 4:00 PM Central Time on
October 4, 2019. Email submissions are submitted to
mba.areaplan@state.mn.us and two printed hard copies must be
sent either via mail or hand delivered to:
Minnesota Board on Aging
P.O. Box 64976
Saint Paul, MN 55164-0976.

1. Please submit one original of the Area Plan, with original
signatures on the Verification of Intent, Statement of
Assurances page, appendices and budget pages and one
Copy.

2. Send an electronic copy of each section (A, B & C) of the
area plan in 3 separate emails to
mba.areaplan@state.mn.us

3. The original Area Plan document should not be stapled or
bound other than with a binder clip or rubber band.

4. Organize the Area Plan according to the table of contents
and section instructions that follow these general
instructions. At a minimum, the content detailed in the
section instructions must be included, unless noted as
optional. Additional information or sections may be
provided at the option of the AAA.
5. Inquiries on Sections A, B, & C, must be submitted in writing prior to 4:00 PM Central Time on September 20, 2019. Every attempt will be made to provide answers timely, with the intent that they are posted to Extranet by September 25, 2019.

6. Two Area Agency on Aging Area Plan Conference WebEx will be held on August 26, 2019 at 10:00 am Central Time and September 17, 2019 at 1:00 pm Central Time.

7. The WebEx Conference will serve as an opportunity for Area Agency on Aging staff to ask specific questions of MBA state staff concerning the Area Plan. Attendance at the Conference is not mandatory but is recommended. Oral answers given at the WebEx conferences are non-biding. Written responses to questions asked at the WebEx conferences will be posted to the Extranet.
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<td></td>
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<tr>
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<td>• Goal 3: Support families and friends in their caregiving roles</td>
<td></td>
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<td>• Goal 4: Support aging in community with access to a range of services and housing options</td>
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SUBMITTAL LETTER

The Area Plan for the Dancing Sky Area Agency on Aging Planning and Service Area is hereby submitted to the Minnesota Board on Aging for approval for the period January 1, 2020 through December 31, 2020.

The Dancing Sky Area Agency on Aging accepts full responsibility to administer the Area Plan for the purpose of developing a comprehensive and coordinated community based system designed to assist older persons in leading independent, meaningful, and dignified lives in their own homes and communities.

In compliance with 45 CFR 1321.55, the Area Agency on Aging is: (Check the one that applies)

☐ An agency whose single purpose is to administer programs for older persons;
   or
   ☑ A separate organizational unit within a multi-purpose agency which functions only for purposes of serving as the Area Agency on Aging.

On behalf of the Area Agency on Aging, I (we) submit this Area Plan with the proposed outcomes and budgets. I (we) agree to comply with all aspects of the Older Americans Act, its accompanying regulations, state policies and procedures, and signature for assurances in Section B.
NOTE: Additional signatures may be added as required by internal controls of the submitting agency.
OVERVIEW

The Older Americans Act, Section 306 (a) states that, “each area agency on aging designated under section 305(a)(2)(A) shall, in order to be approved by the State agency, prepare and develop an area plan for a planning and service area for a two-, three-, or four-year period determined by the State agency, with such annual adjustments as may be necessary.”

The Minnesota Board on Aging (MBA) and the statewide network of 7 Area Agencies on Aging (AAA) share responsibility for planning for Minnesota’s present and future aging and long-term services and support needs. The strategic priorities of AAAs’ Area Plans (AP), the Minnesota Board on Aging and MN Department of Human Services (DHS) will improve and strengthen Minnesota’s publicly funded long term care system together establish a framework for how the AAAs and MBA/DHS will deliver services to Minnesota’s diverse population.

The MBA, in partnership with the Minnesota DHS, is looking ahead to 2030. Today marks the midpoint between our original vision for long-term services and supports and the year that baby boomers start turning 85. It is truly a transformative time in our communities. To that end, we’re revisiting our multi-year commitment to prepare for a permanently older society.

The AP describes the AAA’s future activities in planning for MN2030 through a multi-year effort. In it, the AAA describes its efforts to identify the needs of older adults, and their family, friends, and neighbors caregiving. The AAA, with the active involvement of its Advisory Council(s) and utilization of public input, then describes its plan for developing coordinated and accessible systems of care to address community needs and prioritize and develop services for older adults, and their family, friends, and neighbors caregiving.
Section A1 - AAA Profile, Planning and Priorities

A11) Introduction:
The Dancing Sky Area Agency on Aging (DSAAA) is a program of the Northwest Regional Development Commission (NWRDC). Established in 1973, the NWRDC's goal is to supplement efforts by local units of government to maintain economic strength and improve the quality of life in Northwest Minnesota.

In addition to the DSAAA, the NWRDC is the host agency for a variety of programs and services. These programs include the Northwest Regional Arts Council, Emergency Operations Planning, Transportation Planning and Economic and Community Development assistance. The DSAAA's inclusion as a program of the NWRDC provides unique opportunities to partner with each of these programs as they provide services and assistance to communities in our planning and service area (PSA).

The DSAAA has a vital role in assessing the emerging needs of the baby boomer generation while serving the needs of the generations before them. Decreased funding, low reimbursement rates, higher costs to provide services in rural areas and limited numbers of applicants for open positions challenges the ability of home and community-based services (HCBS) providers to meet the complex needs of older adults and caregivers.

Some of the most significant barriers are workforce shortages that impact our health care providers ability to provide essential medical and community supports. This has resulted in multiple nursing homes decertifying beds or closing facilities. This places economic strains on communities with loss of jobs as well as the revenue generated to other local businesses.

We have developed innovative partnerships with rural providers that identify solutions to address our gaps in service. We strive to operate on a "whole community" planning process because it takes a whole community to support older adults and caregivers. Creative partnerships include Greater NW Ambulance Services, Community Health Workers, NW Emergency Operations, Community Action Agencies and Private Industry Council. The primary function of these partnerships is to identify ways that we can work together to address the disparities within our communities that we serve. Lead agencies have reached out to us to facilitate these community efforts in an effort to stop the migration of workers and services from our region. Our goal is to retain vibrant communities with the capacity to care for all people from birth to end of life.

Our Development team has been able to work closely with communities to increase Dementia awareness and how it affects older adults and their caregivers. We increased the awareness of 857 people in 25 communities by coordinating Dementia Friends and Virtual Dementia Tour sessions. In addition, staff have been trained and are utilizing affinity diagram and asset mapping tools identify local partners and resources to fill gaps in services or opportunities for bundling services.

As part of our strategic planning efforts, our Senior LinkAge Line (SLL) team focused on increasing opportunities that provide Medicare and Long-term Options Counselling to older adults. We re-engaged our provider network with both new and existing sites hosting Medicare 101 and Fraud and Abuse sessions. This resulted in 34 educational sessions that provided education to 352 older adults and their caregivers.

Area Plan 2020
Dancing Sky Area Agency on Aging
Please provide a CY2020 update if applicable

in our role as AAA we have 3 key responsibilities: 1) To administer Federal Older Americans Act Funding (OAA) to assist older adults remain at home for as long as possible while supporting their caregivers; 2) to assist communities with developing programs that meet local, identified needs for Home and Community Based Services (HCBS); 3) To operate the programs and services of Senior LinkAGE Line®.
A1(iii) Mission, Vision, Values:
At the Dancing Sky Area Agency on Aging our mission for the people of Minnesota is simple: Our mission is to work with rural communities to help older adults stay in control of their choices.

We believe that all older adults and caregivers are vital to the quality of place in each of our communities. We recognize how important it is for older adults to have access to services regardless of where they live and for all to be empowered to live and age healthier.

Our vision is that together our older adults and communities thrive. When older adults thrive, their communities benefit and thriving communities benefit older adults. We believe both the individual and communities have a vital role.

We work with individuals to increase knowledge, access and acceptance of services for older adults and caregivers. When people know about the services available, have access to them, regardless of where they live, and are welcoming of them, older adults and communities thrive.

We work with communities to instill the values of dignity, service and collaboration. When the community values older adults and caregivers, addresses their needs through comprehensive services and works together to provide better services, older adults and communities thrive.

We look forward to the future of aging services as we address the barriers between where we are now and where we want to be in the future. We resolve to strengthen and develop creative partnerships providing comprehensive services to older adults and caregivers.

We envision a future of vibrant communities that includes resilient groups of older adults, persons with disabilities and a provider network to support them. In our region, we see older adults and caregivers fully engaged in planning for our future. We are focusing our efforts on identifying ways to alleviate the impact of isolation on older adults and supporting communities that embrace inclusion for all members so that they can feel valued.

Northwest Regional Development Commission (NWRDC) along with the Minnesota Association of Development Organizations (MADO) are committed to assisting our communities develop more cultural respect through a shared vision.

The NWRDC believes that the first step for our region to become more culturally responsive begins with our organization adopting an inclusive work culture. NWRDC Program Managers, Development staff and SLL Supervisor will have the opportunity to learn best practices from other regions that have already started this community development process.
A1(iii) Planning and Review Process:

In this section, please describe the process used to assess the needs in your PSA, develop your Plan, and to review draft(s) prior to adoption. (Limit to 500 words)

The Dancing Sky Area Agency on Aging (DSAAA) utilized a multi-tiered approach to assess the needs of older adults, their families and caregivers in our planning and service area. Our governing board(s) approved and adopted our Strategic Plan in July 2018.

We coordinated a needs assessment that identified service gaps and needs across our region. The survey was shared with older adults, caregivers, provider and our aging advisory committees. We had a 13% response rate to our survey, providing us with valuable information regarding service needs and gaps. A summary of this information was developed, services prioritized and was approved by our advisory committees and the Northwest Regional Development Commission.

The DSAAA staff reviewed the information gathered in the most recent biennial Gaps Analysis, 2014 Home- and Community-based Critical Access Study and lead agency waiver reviews. Our team reviewed the demographics in the county profile data and the priorities established in the Minnesota Board on Aging's three-year State Plan on Aging. In addition, we used information from Heading Home Together - Minnesota's 2018-2020 Action Plan to Prevent and End Homelessness, as well as the Wilder Research Report that conducted an assessment of home renovation and rehabilitation needs of older adult homeowners in Minnesota. The priorities established by the Minnesota Board on Aging for the State Plan on Aging were shared and discussed with advisory committees and governing board(s).

Our leadership team completed a review of the information gathered, shared this information with all staff and both the Development and the Senior LinkAge Line teams developed strategies and priorities for our 2019 Area Plan.

Please provide a CY2020 update if applicable

Development team reviewed the Gaps Analysis Synthesis Report for American Indian Elders living on 6 of the Minnesota Chippewa Bands. Information gathered on the top service Gaps within the White Earth Reservation.

Dancing Sky AAA Development staff met with the Minnesota Indian Area Agency on Aging staff to identify needs within the 4 Minnesota Chippewa tribes served by MIAAA and discussed opportunities for collaboration. Title III-D Health Promotion, Chore Services, Grandparents raising grandchildren and Transportation were identified as priority needs. Invitations were sent to Title VI Directors located on both the Red Lake Band of Chippewa Indians and White Earth Reservation to gather tribal input for our 2020 Area Plan.
A1(iv) Prioritization of Program Development & Coordination Funding:

This section should describe the 2020 priorities for program development and coordination in spending OAA Title IIIB funds. (Limit to 500 words).
Complete the Request to Allocate OAA Title IIIB funds for PD&C.
In addition, Sec 306(a)(11)(B) of the OAA directs each AAA Area Plan to provide information concerning services to older American Indians and assure the Area Agency will coordinate services with those provided under OAA Title VI.

Priorities for the use of Program Development and Coordination funding will focus our efforts towards the development of services that will fill priorities identified in multiple gaps analysis and needs assessment processes. We will:
• work with our provider network to bring targeted medication management services (that utilize Home Meds) to ten nutrition sites that meet targeting criteria;
• work with Stronger Together (Sanford Health Advisory Committee) to increase the numbers of Evidence-based Health Program classes offered to White Earth and Red Lake nation members, as well as increase the numbers of trained leaders offering classes on reservations;
• Identify opportunities to participate in local and regional housing collaboratives, such as Northwest Housing Partnership to share life cycle housing planning best practices and lessons learned from their collaboration; and
• Identify partners to be trained in Powerful Tools for Caregivers, Dementia Education and Respite Education and Support Tools (REST).

The DSAAA staff will work to develop a better understanding of the needs of the elders within each tribal community. We will seek guidance from Title VI grantees on how we might work collaboratively to address and mitigate needs.

The DSAAA is committed to participate in any local programing where we can provide information or resources to the elders within that community. Targeting and developing our services to the elders with great need. We value and respect the wisdom of the tribal elders and will ensure that the programs and services strive to support the dignity and respect of older Native Americans within our planning and service area.

Please provide a CY2020 update if applicable

Dancing Sky Area Agency on Aging (DS AAA) staff attended the Title VI Conference to develop a better understanding of Title VI programs and services. In addition, Dancing Sky AAA was invited by Indian Elder Desk Consultant to attend a Title VI Grantee meeting with the Red Lake Band of Chippewa Indians Title VI Director and her staff. Information was shared on Title III OAA Services and the coordination requirement within the Title VI funding. Dancing Sky Focused on developing and strengthening our relationships and opportunities for collaboration.

Our staff improved outcomes for individuals with dementia who might interact with EMS and First Responders. We trained over 250 EMT and First Responders in 20 communities across 10 of our counties, using the Virtual Dementia Tour that simulates the experience of Dementia. This included 12 EMS and First Responders that serve Red Lake, Ponemah, Little Rock, and Redby. A second training has been requested by Red Lake EMS.
REQUEST to ALLOCATE OAA TITLE IIIIB funds for PROGRAM DEVELOPMENT and COORDINATION CY2019

Program Development & Coordination: § 1321.17 45 CFR Ch. XIII (10-1-10 Edition): (14)(i) The State agency will not fund program development and coordinated activities as a cost of supportive services (Title IIIIB) for the administration of area plans until it has first spent 10 percent of the total of its combined allotments under Title III on the administration of area plans; (ii) State and area agencies on aging will, consistent with budgeting cycles (annually, biennially, or otherwise), submit the details of proposals to pay for program development and coordination as a cost of supportive services, to the general public for review and comment; and (iii) The State agency certifies that any such expenditure by an area agency will have a direct and positive impact on the enhancement of services for older persons in the planning and service area.

(15) The State agency will assure that where there is a significant population of older Indians in any planning and service area that the area agency will provide for outreach as required by section 306(e)(6)(N) of the Act.

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a) Estimated PD&C Amount: $124,943 25%

b) Planned activities to be supported by above amount:

<table>
<thead>
<tr>
<th>Title III Funds*</th>
<th>Percentage of total PD&amp;C request</th>
<th>Briefly list planned activities &amp; coordination efforts**</th>
</tr>
</thead>
<tbody>
<tr>
<td>B (including, but not limited to chore, homemaker, home mods, transportation, special access, legal and Information and assistance)</td>
<td>25%</td>
<td>Strategic Priority 2.2, 2.3, 4.3</td>
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<tr>
<td>C1 &amp; C2 (nutrition)</td>
<td>25%</td>
<td>Strategic Priority 2.2, 2.3</td>
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<tr>
<td>D (EBHP)</td>
<td>10%</td>
<td>Strategic Priority 2.2</td>
</tr>
<tr>
<td>E (caregiver services and supports)</td>
<td>20%</td>
<td>Strategic Priority 3.1, 3.2, 3.3</td>
</tr>
<tr>
<td>Other (including development and coordination efforts for age-friendly initiatives)</td>
<td>20%</td>
<td>Strategic Priority 4.1, 4.2, 4.3</td>
</tr>
</tbody>
</table>

*A minimum of 10% must be allocated to each Title III service category.  
**Planned activity & coordination efforts must be detailed in Area Plan strategic priorities/outcomes
REQUEST to ALLOCATE OAA TITLE IIB funds for PROGRAM DEVELOPMENT and COORDINATION CY2020

Program Development & Coordination (PD&C) : § 1321.17 45 CFR Ch. XIII (10-1-10 Edition):
(14)(i) The State agency will not fund program development and coordinated activities as a cost of supportive services (Title III) for the administration of area plans until it has spent first 10 percent of the total of its combined allotments under Title III on the administration of area plans; (ii) State and area agencies on aging will, consistent with budgeting cycles (annually, biannually, or otherwise), submit the details of proposals to pay for program development and coordination as a cost of supportive services, to the general public for review and comment; and (iii) The State agency certifies that any such expenditure by an area agency will have a direct and positive impact on the enhancement of services for older persons in the planning and service area.

(15) The State agency will assure that where there is a significant population of older Indians in any planning and service area that the area agency will provide for outreach as required by section 306(a)(6)(N) of the Act.

<table>
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<tr>
<th>a) Estimated PD&amp;C Amount: $121,695</th>
<th>25%</th>
<th>Limited to 25% of Title IIB new obligational authority</th>
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b) **Planned activities** to be supported by above amount:

<table>
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<tr>
<th>Title III Funds*</th>
<th>List all FTE performing PD&amp;C activities to match the next column</th>
<th>List staff performing coordination efforts**</th>
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<td>B (supportive services; including, but not limited to chore, homemaker, home mods, transportation, special access, legal and information and assistance)</td>
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<td>C1 &amp; C2 (congregate and home delivered meals)</td>
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<td>D (Evidence Based Health Promotion)</td>
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<td>Chief Ely, Amy Dallmann, Danica Robson</td>
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<td>E (caregiver services and supports)</td>
<td>.30</td>
<td>Judi Weiss, Amy Dallmann, Carol Ely</td>
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<td>Other (Including development &amp; coordination efforts for age-friendly initiatives)</td>
<td>.30</td>
<td>Darla Waldner, Danica Robson, Judi Weiss, Amy Dallmann, Stephanie Aasness</td>
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</table>

*A minimum of 0.1 FTE must be allocated to each Title III service category.

*Must correspond with C1-1 of Section C Budget

**Planned activity & coordination efforts must be detailed in Area Plan strategic priorities

**FTE must tie with C7 in section C budget
# Section A2 – DEMOGRAPHIC DATA AND SERVICE UTILIZATION 2017-2019

## 2017 Area Plan Data for Land of the Dominican Sky AAN

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<th>Demographic Subcategory served</th>
<th>AAA-regional total</th>
<th>DAA Supportive Services (CBI)</th>
<th>DAA Congregate Meals (CBI)</th>
<th>DAA Home Delivered Meals (CBI)</th>
<th>DAA Caregiver Services (CBI)</th>
<th>SLR Multiple Service fundings</th>
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*Poverty data from US Department of Health and Human Services.

**SLR data by poverty level available for ten categories (CBE) and 100.
### Section A2 – DEMOGRAPHIC DATA AND SERVICE UTILIZATION 2018-2020

**Demographics (unadjusted client counts)**

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<th>DDA Congregate Meals (1311 - 1316)</th>
<th>DDA Congregate Meals (1311 - 1316)</th>
<th>DDA Congregate Meals (1311 - 1316)</th>
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**Notes: 2018 Data includes: Services provided by Demographic Area Activity and Aging Plan for your specific area.**

| Area Plan 2020 | Demographic Area Activity on Aging | P12 |
A2(i) Population Profile:

Using, at a minimum, the demographic information provided, describe the current demographics, emerging trends and additional information to understand the populations of people who are aging and in your PSA. This section should include local analysis of the changes in the number of older individuals and target populations and the associated impact on the AAA and providers within the aging and disability network. Also address how your plan is using this data to target outreach and services to those at greatest risk and describe the methods used to satisfy the service needs of minority older adults. (Limit to 500 words)

According to the 2010 census, the total population in our planning and service area (PSA) is 389,862. However, the 60+ population for the PSA is 90,614. One of the most unique features of our PSA is that 67.6% is primarily rural which impacts availability of home- and community-based (HCBS) providers and older adults’ access to services. In addition, we have two tribal communities within our PSA, the Red Lake Nation and White Earth Nation. Diverse populations represent approximately 2,983 older adults. Native Americans (1,724) and Hispanic American (469) are the largest minority populations. Beltrami, Becker and Mahnomen counties have the highest percentage of minorities per 60+ population.

There are 67,180 people who are over the age of 65 within our PSA. Included in this cohort are 6,006 people who are low-income, indicating that 8.94% of the people 65+ in our PSA are low-income. The statewide average for Minnesota, according to the census, is 7.4%. Census data further indicates that 15 of our 21 counties, have a higher percentage of older adults living in poverty than the statewide average. Primarily due to the lack of formal and informal caregivers our elderly dependency ratio is 27 compared to the state average of 19.

We reviewed minority and targeting data collected by the 2010 Decennial Census and compared it to utilization data collected by Older Americans Act (OAA) services. A benchmark of 3.47% will be targeted for all OAA services. Targeting and utilization of services data will be reviewed on a quarterly basis and discussions will be a part of our grantee site assessments. Best practices and targeting strategies will be discussed in order to increase the services to the people with the greatest need.

Cultural Diversity training will be provided to our Title III grantees and staff through the Minnesota Board on Aging (MBA) online training modules as well as in-person training provided by a cultural liaison and or diversity professor from one of the three major colleges in our PSA. Partnership opportunities will be identified in the communities with the highest percentage of minority or low income older adults.

The Senior Linkage Line (SLL) Supervisor will review the minority and targeting data and identify bench marks for our SLL and outreach services. Information will be compared to our utilization rates of minority elders within our SLL umbrella of services. Benchmarks will be set to increase our targeting of minority elders and older adults with the highest needs. Based on our analysis of the data collection we will identify minority and low income communities that we will strengthen or develop a partnership to meet the needs of that population.

We will seek guidance from the Minnesota Chippewa Tribe Indian Area Agency on Aging, MBA Indian Elder Desk, DHS cultural Liaison(s) and from minority representatives on our DSAAA advisory committees. We will initiate discussions with Title VI grantees and tribal councils and identify needs within the White Earth and Red Lake nations and ways that we can develop and support programs or services to meet those needs.
Please provide a CY2020 update if applicable

LGBT training was provided at our Title III Provider training in September 2019. This provided our Title III grantees tools to understand the needs and to assist with better targeting of services to the LGBT older adults and caregivers. We will coordinate a similar training for our AAA/SLL staff so that we can have a better understanding of the needs within the LGBT Community.

Title III Providers received "Everyone Counts in Mn" training from the Director of Census Operations and Engagement office on the importance of census data and working to make sure everyone is counted in the 2020 Census.

Development staff will reach out to communities that have Complete Count Committees for the 2020 Census (Crookston, Moorhead, Detroit Lakes, Park Rapids, Barnesville) to assist in their efforts. In addition, we will contact communities with diverse populations (Pelican Rapids, Warroad) to determine interest in and support for establishing Complete Count Committees.

We will coordinate a meeting with staff from the National Resource Center on Native American Aging (at the University of North Dakota) who assisted with the needs assessments for Title VI grantees in Minnesota. The goal of this meeting will be to have a better understanding of the service gaps and brainstorming strategies and lessons learned through their development of the need's assessment.
A2(ii) Targeting Populations with Service Needs:

Review 2019 service goals looking toward identifying two demographic points (limit to 250 words each) in a funding area(s) (i.e.: III B Supportive services, III C1 congregate etc.) that your AAA could address in a plan that would improve one or more of the identified points. Include short narrative in Area plan with the following:

- Which point(s) were chosen including the services funded for that point
- What change(s) do you anticipate due to focusing on that point(s)
- General statement of approach

We analyzed the 2017 data contained in Section A2-Demographic Data and Service Utilization and found that our Title III providers are meeting targeting requirements when serving older adults.

Title III-B Supportive Services:
- 5.4% were minority (1.89% in the counties served are minority)
- 56% of the people served had incomes BELOW 150% of poverty
- 71% of the people served lived alone
- 72% of the people served were women

Title III-C1 Congregate Meals:
- 2.3% were minority (3.26% in the counties served are minority)
- 53% of the people served had incomes BELOW 150% of poverty
- 45.6% of the people served lived alone
- 60% of the people served were women

Title III-C2 Home Delivered Meals:
- 4.3% were minority (3.26% in the counties served are minority)
- 64.8% of the people served had incomes BELOW 150% of poverty
- 64.3% of the people served lived alone
- 63.1% of the people served were women

Title III-E Caregiver Services:
- 4.0% were minority (3.4% in the counties served are minority)
- 46.4% of the people served had incomes BELOW 150% of poverty
- 8.8% of the people served lived alone
- 74.9% of the people served were women

Senior LinkAge Line:
- 5.1% were minority
- 3.26% in the counties served are minority
- 40.7% of the people served lived alone
- 62.3% of the people served were women
Based on our analysis for 2019 we will focus on the following areas for improvement:
1. Increase numbers of minority seniors served by the congregate nutrition program by 2%
2. Increase numbers of people who are living alone served by the congregate nutrition program

We will work with our nutrition providers to increase access to services for both people who are from a minority group as well as people who are living alone. We will encourage providers to implement new approaches for dining sites that will increase attendance, particularly by the targeted groups.

We will research the feasibility of developing nutrition contracts with one or more of the Title IV providers in our planning and service area.

Please provide a CY2020 update if applicable

We analyzed the 2018 data contained in Section A2-Demographic Data and Service Utilization and found that our Title III providers are meeting targeting requirements when serving older adults.

Title III-B Supportive Services:
30 more persons served during 2018
• 5.08% were minority (1.89% in the counties served are minority)
• 54% of the people served had incomes BELOW 150% of poverty
• 64% of the people served lived alone
• 70% of the people served were women

Title III-C1 Congregate Meals:
258 fewer persons served during 2018
• 2.64% were minority (3.26% in the counties served are minority)
• 48% of the people served had incomes BELOW 150% of poverty
• 42% of the people served lived alone
• 61% of the people served were women

Title III-C2 Home Delivered Meals:
71 more persons served during 2018
• 3.79% were minority (3.26% in the counties served are minority)
• 68% of the people served had incomes BELOW 150% of poverty
• 64% of the people served lived alone
• 64% of the people served were women

Title III-E Caregiver Services:
51 fewer persons served during 2018
• 5.65% were minority (3.4% in the counties served are minority)
• 42.7% of the people served had incomes BELOW 150% of poverty
• 13.1% of the people served lived alone
• 74.7% of the people served were women

Senior LinkAge Line:
938 fewer person served during 2018
• 4.53% were minority
• 3.26% in the counties served are minority
• 40.8% of the people served lived alone
• 61.3% of the people served were women

Based on our analysis for 2020 we will focus on the following areas for improvement:
1. Increase numbers of minority seniors served by the congregate nutrition program by 2%
2. Work with Title III providers to determine factors for; (1) fewer numbers of persons served, and (2) decreases in the numbers of persons served who are low income.

We will expand on our work with developing and expanding our relationships with Title VI Providers within our planning and service area. We will continue to research the feasibility of developing Title III contracts with one or more of the Title VI providers in our planning and service area.
**A2(iii) AAA Services and Administration:**

Summarize all services provided by or through the AAA, either directly or through contracts with community partners.

### Snapshot of Services

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Describe in the narrative if the array of services offered has been increased or decreased from the previous year and if there are other resources available to provide similar services. (Limit to 250 words)

The array of services funded through Title III has remained the same from 2018 to 2019. Many of the agencies have received Title III funding for a number of years, providing the same low-tech/high-touch service.

A summary of our Title III funded services is:
- two chore programs in the spring and fall that provide outdoor yard clean up and snow removal services to seniors living in five counties;
- two assisted transportation programs that provide rides to seniors living in two counties;
- one home modification program serves seniors living in nine counties;
- four respite and caregiver support programs that provide respite, education, coaching and counseling to seniors in 19 counties;
- one legal services program that provides legal services and education to seniors in 21 counties;
- two nutrition programs that provide congregate- and home-delivered meals to seniors in 21 counties;
- one medication management program that provides evidence-based medication management services to seniors in 21 counties; and
- eight Senior Coordinator positions that provide an in-person, community-based extension of the services offered by the Senior LinkAge Line to seniors in nine counties.

The DSAAA has three Community Action agencies that provide in-home supportive services such as; Chore, Homemaker, Home Modification and Transportation services. Many of these programs received technical assistance with their Live Well At Home grant and sustainability plans.

Also, many of our providers are adept at working with counties, insurance and other revenue streams to help cover the cost of providing services. These providers have become licensed 245D providers, or are registered Minnesota Health Care Program providers, or are operating with home care or other licensing.

Please provide a CY2020 update if applicable
In addition to the services listed above, Respite and Caregiver Support services will be provided in Pope, Grant, and Traverse counties beginning in 2020.

We will continue our efforts to identify a provider interested in offering evidence-based mental health care to seniors in our communities.
A-3 Statewide Initiatives

A3(I) MN2030: Looking Forward planning effort emphasizes the concept of reframing aging. Describe efforts to continue reframing communication efforts and address ageism within your agency, Also, describe current initiatives to make Minnesota Communities Age-Friendly. Consider building on previous MN2030 efforts, Communities For a Lifetime partners and Dementia Friendly accomplishments. (Limit to 250 words)

The DSAAA has gone through a strategic planning process this past year. We recognized that before we could truly impact our communities of elders, caregivers and partners we first needed to make necessary changes within our organization.

One of the strategic directions we identified was a need to expand our outreach efforts and create a positive aging campaign. First, we provided training to our team members on the concept of re-framing aging. Our team was inspired to become engaged in creating a rural grass roots effort to change the way we think about, and how we communicate about, aging.

We then developed a marketing and outreach committee that completed an environmental scan of our marketing materials, website, social media and community presentations to identify where we were already promoting a positive aging message and determine the areas where we needed to make improvements.

Finally, we created an internal processes committee that completed an environmental scan of our policies to see if they were supporting the needs of older workers.

Health and wellness practices are being adopted as part of our commitment to promote a positive aging culture.

This year we will focus our efforts on developing a positive aging campaign throughout our planning and service area. Our goal is to provide training and education to older adults, caregivers, grantees and health care partners and encourage them to re-shape how we think about aging so that we envision a future without ageism and with respect and dignity for all.

Please provide a CY2020 update if applicable

Dancing Sky will continue to meet with the Alexandria Age Friendly Community Members and replicate best practices and lessons learned in their development within the Age Friendly Community Designation. In addition, we will participate with MBA’s vision to have Minnesota become an Age Friendly State. Surveys will be developed to city planners, mayors and other local governments to gather information on Age Friendly Infrastructure following the 8 World Health Domains. We will identify 3 new communities that will be potential partners in becoming Age Friendly Communities.
**A3(II) Tribal Coordination (Serving Older Indians)**

**MN Tribal Nations**

<table>
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<tr>
<th>Tribe</th>
<th>Address</th>
<th>Contact Information</th>
<th>Website</th>
<th>Urban Office(s)</th>
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<tbody>
<tr>
<td><em>Fond du Lac Tribal Council</em></td>
<td>1720 Big Lake Road Cloquet, MN 55720</td>
<td>1-800-442-3909, 1-218-879-4593</td>
<td><a href="http://www.fdltrez.com">www.fdltrez.com</a></td>
<td>Duluth</td>
</tr>
<tr>
<td><em>Grand Portage Band of Lake Superior Chippewa</em></td>
<td>P.O. Box 428 Grand Portage, MN 55605</td>
<td>1-218-475-2279</td>
<td><a href="http://www.grandportage.com">www.grandportage.com</a></td>
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<tr>
<td><em>Leech Lake Tribal Council</em></td>
<td>190 Sallus Drive NW Cass Lake, MN 56633</td>
<td>1-800-442-3909, 1-218-335-8200</td>
<td><a href="http://www.foiibwe.com">www.foiibwe.com</a></td>
<td>Minneapolis, Duluth</td>
</tr>
<tr>
<td><em>Lower Sioux Community</em></td>
<td>39527 Res. Highway 1 P.O. Box 308 Morton, MN 56270-0308</td>
<td>1-507-697-6185</td>
<td><a href="http://www.lowersioux.com">www.lowersioux.com</a></td>
<td>Duluth</td>
</tr>
<tr>
<td><em>Mille Lacs Band of Ojibwe</em></td>
<td>43408 Odesa Drive Onamia, MN 56359</td>
<td>1-800-709-6445, 1-320-532-4218</td>
<td><a href="http://www.millelacsojibwe.org">www.millelacsojibwe.org</a></td>
<td>Minneapolis</td>
</tr>
<tr>
<td><em>Red Lake Tribal Council</em></td>
<td>15484 Migiwi Drive Red Lake, MN 56671</td>
<td>1-218-679-3341</td>
<td><a href="http://www.redlakenation.org">www.redlakenation.org</a></td>
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<tr>
<td>Shakopee Mdewakanton Sioux Community</td>
<td>1565 South 26th St. Shakopee, MN 55379</td>
<td>1-952-445-8700</td>
<td><a href="http://www.shakopeedakota.org">www.shakopeedakota.org</a></td>
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<tr>
<td>Upper Sioux Community</td>
<td>5722 Travers Lane P.O. Box 147 Granite Falls, MN 56241</td>
<td>1-320-564-3853</td>
<td><a href="http://www.upperslouxcommunity-nsn.gov">www.upperslouxcommunity-nsn.gov</a></td>
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<tr>
<td>Prairie Island Tribal Council</td>
<td>5636 Sturgeon Lake Road Welch, MN 55089</td>
<td>1-651-385-2554</td>
<td><a href="http://www.prairieisland.org">www.prairieisland.org</a></td>
<td></td>
</tr>
<tr>
<td>White Earth Tribal Council</td>
<td>35500 Eagle View Road Ojibwa, MN 56569</td>
<td>1-218-983-3285</td>
<td><a href="http://www.whiteearth.com">www.whiteearth.com</a></td>
<td>Minneapolis</td>
</tr>
</tbody>
</table>

**Title VI Grantees**

**Instructions:** the AAA must identify and describe how it will coordinate with each of the tribe(s) or AI/AN communities within its PSA to provide services for AI/AN Elders, specifically Older Americans Act Title VI grantees and/or Indian Country. (see Indian Country definition)

Best practices in this focus area could include a description of the process for planning and coordinating with each of the tribes and/or AI/AN communities within its PSA to provide services for AI/AN Elders. Any services provided to AI/AN Elders should be provided in a culturally responsive manner. Best practices also include steps taken to build relationships with individual tribes and/or AI/AN communities, while respecting Tribal Sovereignty, and any collaboration efforts and/or challenges that may be unique to planning and service delivery with Minnesota Tribal Nations and AI/AN communities (Indian Country).
Indian Country: Minnesota Indian Country consisting of; Indian reservations, Dependent Indian communities and Indian allotments. In addition this includes rural communities, towns and cities where American Indian Elders reside and caregiving supports from friends, family and/or neighbors are needed or currently exist.

The DSAAA will continue to develop and strengthen relationships with American Indian Elders within the White Earth and Red Lake nations. We recognize that a vital part of this process is to focus on the relationship.

DSAAA staff will participate in cultural training offered through the Minnesota Board on Aging (MBA) online training portal, in-person trainings offered by MBA at the October joint meeting that will provide staff with the tools to understand best practices for building a relationship with tribal members while maintaining respect for their sovereignty.

We will ask for meetings with the Title VI directors and Tribal Council members to begin the process of developing relationships. The goal will be to establish a relationship based on mutual learning, understanding and a desire to find solutions that address disparities that have been identified by the elders with the community in a culturally respectful manner.

In addition, we will identify organizations that provide services and support to urban elders and elders that are no longer residing on the reservation. The list of these organizations will be shared with the Minnesota Indian Area Agency on Aging staff and Indian Elder Desk to assist with identifying these organizations. The DSAAA will adhere to best practices in developing a relationship with these tribal organizations.

The DSAAA will continue to work with Sanford Health’s Stronger Together Advisory Committee which focuses on targeting and developing services for native elders in Bemidji and the surrounding reservation communities. Elders from both Red Lake and White Earth nations participate in this coalition.

Please provide a CY2020 update if applicable

Dancing Sky SLL staff attended the Centers for Medicare and Medicaid (CMS) and Indian Health Services (IHS) Outreach and Education Event in Bemidji to have a better understanding of Indian Health Services available to patient advocates on the programs and benefits through Medicare, Medicaid and Health Insurance market. This assisted our team with strengthening our relationships with IHS located within the White Earth Reservation. As a result, we signed a Memorandum of Understanding with IHS to expand the 1:1 outreach site located at Indian Health Services to offer education on Medicare, Low income Subsidies and Medicare Savings programs. In addition, staff from IHS services attended our Core Body of knowledge training.

Dancing Sky Development staff attended the Title VI conference in Minneapolis which expanded our knowledge of Title VI funding and coordination between AAA’s across the state and their collaborations with Title VI grantees.

Dancing Sky staff was introduced to staff from the Red Lake Nation by the Indian Elder Coordinator. This introduction resulted in arranging a meeting with the Title VI Director from Red Lake. Dancing Sky is focusing on relationship building with Red Lake, having a better understanding of the needs of the elders within the Red Lake Reservation. As our relationships strengthen, we will continue to seek out opportunities to collaborate with Red Lake Band of Chippewa and explore opportunities to support the development of Title III Funding contracts, technical assistance with Live Well at Home and reimbursement through the Medicaid Waivers.

Area Plan 2020 Dancing Sky Area Agency on Aging
A-4 Goals, Strategic Priorities and Measurable Outcomes

Throughout all the strategic priorities, please embed the following MN2030 values:

INCLUSION
We start with compassion and empathy, pursuing solutions that support the dignity of all people. We’ll address ageism and work towards a future where citizens of all ages are valued and included.

INGENUITY
We will be boundless in our vision and creative in developing new approaches. We commit to developing resourceful solutions where collaboration and partnership foster ideas that serve all well.

IMPACT
We want to make a meaningful difference in every community across Minnesota. We aim to impact individuals, families, communities in a measurable way.

The strategic priorities reflect the goals identified in the MBA State Plan on Aging 2019-2022.
### Goal 1: Leverage the experience, expertise and energy of older Minnesotans

#### Strategic Priority 1.1: Facilitate opportunities to connect older people to their communities and engage them in the activities that offer them social connections.

#### Development Role:
- Analyze Senior Corp presence in region and build on service capacity
- Offer TA to new RSVP state-funded grantees (for contract year starting July 1, 2019)

#### Specific Measures (include projected start & end dates):

- **Identify and map counties in our PSA not covered by Senior Corp or other volunteer programs**
  - **Target Dates:** January 2019 to March 2019

- **Support expansion of the RSVP programs that include “Groceries to Go” and “Handyman” programs, as well as the expansion of transportation options in rural communities**
  - **Target Dates:** January 2019 to December 2019

- **Strengthen connections to Senior Corp programs through participation on local Advisory Committees**
  - **Target Dates:** January 2019 to December 2019

- **Provide technical assistance to current and newly funded RSVP/SC/FGP programs**
  - **Target Dates:** January 2019 to December 2019

- **Support expansion of the Caring Companion program and other state funded volunteer programs**
  - **Target Dates:** January 2019 to December 2019
**Goal 1: Leverage the experience, expertise and energy of older Minnesotans**

<table>
<thead>
<tr>
<th>Strategic Priority 1.2: Work with employers to increase the number of older people (those 50+) who are actively recruited and retained as part of an overall workforce strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advocacy Role:</strong></td>
</tr>
<tr>
<td>- Educate employers, secondary (primary avenue will be through education regarding working caregivers)</td>
</tr>
<tr>
<td><strong>Specific Measures (Include projected start &amp; end dates):</strong></td>
</tr>
<tr>
<td>Participate in sub-regional Workforce Initiatives (Including Live Wide Open and Courageous Conversations) to educate employers regarding changing demographics.</td>
</tr>
<tr>
<td>Target Dates: January 2019 to December 2021</td>
</tr>
<tr>
<td>Strengthen Partnerships with the Department of Employment and Economic Development exploring opportunities to share best practices and promote their Senior Community Service Employment program.</td>
</tr>
<tr>
<td>Target Date: March 2019 to December 2020</td>
</tr>
<tr>
<td>Partner with four employers to identify strategies to retain and/or recruit older workers.</td>
</tr>
<tr>
<td>Target Dates: January 2019 to December 2019</td>
</tr>
<tr>
<td>Promote Experience Works partnerships to fill employment gaps.</td>
</tr>
<tr>
<td>Target Dates: January 2019 to December 2020</td>
</tr>
<tr>
<td>Provide education on best practices in developing age-friendly policies to six major employers in our PSA.</td>
</tr>
<tr>
<td>Target Dates: January 2019 to December 2019</td>
</tr>
<tr>
<td>Provide Caregiver Resources to four employers and advocate for the provision of Powerful Tools for Caregivers or CDSMP as &quot;Lunch and Learn&quot; sessions.</td>
</tr>
<tr>
<td>Target Dates: January 2019 to December 2019</td>
</tr>
<tr>
<td>Develop an &quot;Age Friendly&quot; resources toolkit that includes: employer wellness survey, Beyond the Work Day resources, samples of flexible age friendly policies, SLL, MinnesotaHelp.Info and other caregiver resources.</td>
</tr>
<tr>
<td>Target Dates: January 2018 to December 2019</td>
</tr>
<tr>
<td>Strategic Priority 1.1: Facilitate opportunities to connect older people to their communities and engage them in the activities that offer them social connections</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>Support expansion of the RSVP programs that include &quot;Groceries to Go&quot; and &quot;Handyman&quot; programs, as well as the expansion of transportation options in rural communities. Target Dates: January 2020 to December 2021</td>
</tr>
<tr>
<td>Strengthen connections to Senior Corp programs through participation on local Advisory Committees. Target Dates: January 2020 to December 2021</td>
</tr>
<tr>
<td>Provide technical assistance to current and newly funded RSVP/SC/FGP programs. Target Dates: January 2020 to December 2021</td>
</tr>
<tr>
<td>Support expansion of the Caring Companion program and other state funded volunteer programs. Target Dates: January 2020 to December 2021</td>
</tr>
<tr>
<td>Identify potential organizations to expand Senior Corp services within our underserved counties. Technical assistance will be provided with the competitive Senior Corp grant application. Target Dates: January 2020 to December 2020</td>
</tr>
</tbody>
</table>
**Strategic Priority 1.2: Work with employers to increase the number of older people (those 50+) who are actively recruited and retained as part of an overall workforce strategy**

<table>
<thead>
<tr>
<th>Action</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participate in sub-regional Workforce Initiatives (including Live Wide Open - Region 4, NWRDC and Private Industry Council - Region 1, and HRDC) to educate employers regarding changing demographics.</td>
<td>Target Dates: January 2019 to December 2021</td>
</tr>
<tr>
<td>Strengthen Partnerships with the Department of Employment and Economic Development exploring opportunities to share best practices and promote their Senior Community Service Employment program.</td>
<td>Target Date: March 2019 to December 2020</td>
</tr>
<tr>
<td>Partner with four employers to identify strategies to retain and/or recruit older workers.</td>
<td>Target Dates: January 2020 to December 2020</td>
</tr>
<tr>
<td>Promote Experience Works partnerships to fill employment gaps.</td>
<td>Target Dates: January 2020 to December 2020</td>
</tr>
<tr>
<td>Provide education on best practices in developing age-friendly policies to three employers in our PSA.</td>
<td>Target Dates: January 2020 to December 2020</td>
</tr>
<tr>
<td>Provide Caregiver Resources to four employers and advocate for the provision of Powerful Tools for Caregivers or CDSMP as &quot;Lunch and Learn&quot; sessions.</td>
<td>Target Dates: January 2020 to December 2021</td>
</tr>
<tr>
<td>Develop an &quot;Age Friendly&quot; resources toolkit that includes: employer wellness survey, Beyond the Work Day resources, samples of flexible age friendly policies, SLL, MinnesotaHelp.Info and other caregiver resources.</td>
<td>Target Dates: January 2020 to December 2021</td>
</tr>
<tr>
<td>Partner with two Senior Community Service Employment programs such as Inter-County Community Council in Oklee, MN and CareerForce In Detroit Lakes to seek out opportunities to provide education to local employers on the benefits of hiring older workers.</td>
<td>Target: January 2020 to October 2020</td>
</tr>
</tbody>
</table>
## Goal 2: Equip older Minnesotans with the tools to take charge of their health and make informed decisions about services when they need them

### Strategic Priority 2.1: Achieve statewide availability of a range of healthy aging programs.

**Administrative Role:**
- Administration of III D evidence based programs
- Analysis of AAA EBHP data quarterly
- Identify staff and participate in MBA quarterly data analysis
- Fidelity monitoring and technical assistance for Title IIID administered funds

**Advocacy Role:**
- In conjunction with MBA, HCBS providers and other state agency's support a statewide grassroots effort to promote health and wellness options for older adults
- Continue to advocate for mental health services for older adults

### Specific Measures (Include projected start & end dates):

- Expand the availability of Evidence-based programs to additional communities through partnerships with community agencies.
  - **Target Date:** January 2019 to December 2019

- Support community-based agencies offering Evidence-based programs by providing funding through Title III-D mini grants.
  - **Target Date:** January 2019 to December 2019

- Provide support and monitoring of the following Title III-D Evidence-based programs: CDSMP, DMSP, CPSMP and MOB.
  - **Target Date:** January 2019 to December 2019

- Participate in quarterly analysis of EBHP data as directed by MBA.
  - **Target Dates:** April 2019 quarterly

- Partner with regional SHIP initiatives to increase access to Healthy Aging programs.
  - **Target Date:** January 2019 to December 2020

- Partner with MBA directed initiatives to promote health and wellness options for older adults.
  - **Target Date:** January 2019 to December 2020

- Advocate for increased access to mental health services to regional legislators, county commissioners and other local elected officials.
  - **Target Date:** January 2019 to December 2020
Goal 2: Equip older Minnesotans with the tools to take charge of their health and make informed decisions about services when they need them

<table>
<thead>
<tr>
<th>Strategic Priority 2.2: Pursue new opportunities to address disparities and reach currently unserved or underserved populations with healthy aging programs and nutrition services.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Administrative Role:</strong></td>
</tr>
<tr>
<td>- Contract/grant management: provide technical assistance and monitor progress of Title III providers. Conduct on-site assessment visits using AAA’s own analysis for prioritizing selected projects.</td>
</tr>
<tr>
<td>- Analysis of AAA data quarterly</td>
</tr>
<tr>
<td>- Identify staff and participate in MBA quarterly data analysis</td>
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</table>

<table>
<thead>
<tr>
<th>Specific Measures (Include projected start &amp; end dates):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conduct quarterly analysis of data, participate in MBA led discussion and implement corrective action(s) as needed. Target Date: January 2018 to December 2019</td>
</tr>
<tr>
<td>Utilize Peer Place data when conducting assessment and progress monitoring of Title III contractors/grantees. Identify targeting information to ensure service provision to frail, low-income and diverse communities. Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Partner with NAPS programs to deliver additional services and information to participants. Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Establish partnerships with Extension Service or SNAP Outreach to provide Healthy Cooking sessions. Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Create map of underserved communities and identify opportunities to deliver services; Including “Aging Eyes Initiative“ and coordination with Deaf and Hard of Hearing Services. Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Partner with Stronger Together Advisory Committee/Northwoods Caregivers/Bemidji Food Shelf to market and deliver DSMP to participants. Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Increase availability of trained EBHP leaders by offering targeted leader trainings in CDSMP/DMSP/CPMSM, MOB and TJQ. Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Partner with Title VI providers to educate on programs and services available. Explore opportunities to develop and strengthen EBHP offered. Target Date: January 2018 to December 2018</td>
</tr>
<tr>
<td>Partner with Lake Region Healthcare/LSS/NSI to provide targeted medication management services to 10 meal sites that meet targeting criteria (low income, isolated, high ADL needs). Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Identify opportunities to partner with farmer’s markets to pilot programs that provide additional food options for underserved populations. Target Date: January 2019 to December 2019</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Development Role:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Pilot one or more sustainable models (including food shelves, Home Meds) for community based partners offering EBHP programs that address disparities and reach underrepresented populations</td>
</tr>
</tbody>
</table>

Area Plan 2020

Dancing Sky Area Agency on Aging
### Goal 2: Equip older Minnesotans with the tools to take charge of their health and make informed decisions about services when they need them

#### Strategic Priority 2.3: Modernize the nutrition services delivery model to achieve efficiencies, promote sustainability and increase choice.

**Administrative Role:**
- Title III C1 and C2 funds; Support for data collection; Data analysis/Quarterly discussion MBA/AAA; Identify staff conducting data quality analysis; Implementation (years 2-3) of a nutrition business plan (ACL grant opportunity)
- Contract/grant management: provide technical assistance and monitor progress of Title III providers. Conduct on-site assessment visits using AAA’s own analysis for prioritizing selected projects.

**Specific Measures (Include projected start & end dates):**
- Support data collection and analysis of Title III C1 and C2 nutrition sites.
  - Target Date: January 2019 to December 2019
- Conduct quarterly analysis of data, participate in MBA led discussions and implement corrective action(s) as needed.
  - Target Date: January 2019 to December 2019
- Utilize Peer Place data when conducting assessments and progress monitoring of Title III contractors/grantees. Identify targeting information to ensure service provision to frail, low-income and diverse communities.
  - Target Date: January 2019 to December 2019
- Conduct an analysis of meal service delivery plans by nutrition providers to identify efficiencies and/or cost savings.
  - Target Date: January 2019 to December 2019

**Development Role:**
- Identify underserved communities and seek potential resources/solution to address nutrition needs; Participate in the development (year 1) of a nutrition business plan (ACL grant opportunity)

**Target Date:** January 2019 to December 2019
**Goal 2: Equip older Minnesotans with the tools to take charge of their health and make informed decisions about services when they need them**

<table>
<thead>
<tr>
<th>Strategic Priority 2.4: Strengthen the delivery of health insurance counseling and long-term care options counseling, through the Senior LinkAge Line®.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access Role:</strong></td>
</tr>
<tr>
<td>• Participate in SLL strategic planning process to define mission and vision of SLL; needs assessments to identify knowledge &amp; other gaps (year 1) based on mission and vision; Identify work priorities for years 2-3 based on needs assessment</td>
</tr>
<tr>
<td>• Prepare narrative, progress report and outcomes related to Medicare Open Enrollment In Q4 of 2018 and Q1 of 2019, including the Cost Plan sunset work and new Medicare Advantage Open Enrollment Period</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Specific Measures (Include projected start &amp; end dates):</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Provide quarterly calendar reports for all outreach activities</td>
</tr>
<tr>
<td>Participate in SLL strategic planning processes as directed by MBA/DHS.</td>
</tr>
<tr>
<td>Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Apply statewide needs assessment results to staffing and development needs of SLL staff.</td>
</tr>
<tr>
<td>Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Execute work priorities as identified in needs assessments.</td>
</tr>
<tr>
<td>Target Date: January 2020 to December 2021</td>
</tr>
<tr>
<td>Maintain compliance with all standards and assurances for SLL services.</td>
</tr>
<tr>
<td>Target Date: January 2019 to December 2019</td>
</tr>
<tr>
<td>Partner with Senior Behavioral Unit, Stadter Center and Upper Minnesota Mental Health Coalition to develop a better understanding of the Mental Health needs of older adults in our region and any barriers to access of these services. So that we are able to identify ways to meet those needs and advocate on behalf of older adults and persons with disabilities.</td>
</tr>
<tr>
<td>Target Completion: January 2019 to December 2019</td>
</tr>
<tr>
<td>Identify accomplishments, challenges and barriers during the 2018-2019 Medicare Open Enrollment Period. Summarize lessons learned and potential Internal modifications to meet future OEP needs.</td>
</tr>
<tr>
<td>Target Date: January 2019 to April 2019</td>
</tr>
<tr>
<td><strong>Goal 2:</strong> Equip older Minnesotans with the tools to take charge of their health and make informed decisions about services when they need them</td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Strategic Priority 2.1:</strong> Achieve statewide availability of a range of healthy aging programs.</td>
</tr>
<tr>
<td><strong>2020 Specific Measures (Include projected start &amp; end dates):</strong></td>
</tr>
</tbody>
</table>
| Expand the availability of Evidence-based programs to additional communities through partnerships with community agencies.  
Target Date: January 2020 to December 2021 |
| Support community-based agencies offering Evidence-based programs by providing funding through Title III-D mini grants.  
Target Date: January 2020 to December 2021 |
| Provide support and monitoring of the following Title III-D Evidence-based programs: CDSMP, DMSP, CPSM and MOB.  
Target Date: January 2020 to December 2021 |
| Participate in quarterly analysis of EBHP data as directed by MBA.  
Target Dates: April 2020 quarterly - ongoing |
| Partner with regional SHIP Initiatives to increase access to Healthy Aging programs.  
Target Date: January 2020 to December 2021 |
| Engage in two community wellness initiatives to integrate Aging Mastery Programs into their offerings to impact well-being and social engagement of older adults.  
Target Date: January 2020 - September 2021 |
| Facilitate annual training with EBHP leaders to provide curriculum updates, review techniques, and encourage collaboration among providers.  
Target Date: June 2020 |
### Strategic Priority 2.2: Pursue new opportunities to address disparities and reach currently unserved or underserved populations with healthy aging programs and nutrition services.

- **Partner with MBA directed initiatives to promote health and wellness options for older adults.**
  - **Target Date:** January 2020 to December 2021

- **Advocate for increased access to mental health services to regional legislators, county commissioners and other local elected officials.**
  - **Target Date:** January 2020 to December 2021

- **Participate with 2 Adult Mental Health Initiative work groups in our planning and services area that include NW8 in Region 1 and BCOW in Region 4 to assist with identifying regional need and prioritizing areas for development.**
  - **Target:** January 2020 to December 2020

- **Coordinate a meeting with 3 Mental Health providers in our planning and service area to discuss the opportunity to become a Title III-D funded partner to implement a Tier III Evidenced-based health promotion program.**
  - **Target:** January 2020 to June 2020

- **Conduct quarterly analysis of data, participate in MBA led discussion and implement corrective action(s) as needed.**
  - **Target Date:** January 2020 - ongoing

- **Utilize Peer Place data when conducting assessment and progress monitoring of Title III contractors/grantees. Identify targeting information to ensure service provision to frail, low-income and diverse communities.**
  - **Target Date:** January 2020 - ongoing

- **Partner with NAPS programs to deliver additional services and Information to participants.**
  - **Target Date:** January 2020 - ongoing
Establish partnerships with Extension Service or SNAP Outreach to provide Healthy Cooking sessions.
Target Date: January 2019 - ongoing

Create map of underserved communities and identify opportunities to deliver services; including "Aging Eyes Initiative" and coordination with Deaf and Hard of Hearing Services.
Target Date: January 2020 - ongoing

Development staff create a map of "food" desserts to identify areas where innovation approaches to service delivery would meet the nutritional needs of older adults. Target Date: January 2020 - June 2020

Partner with Stronger Together Advisory Committee/Northwoods Caregivers/Bemidji Food Shelf to market and deliver DSMP to participants.
Target Date: January 2020 to December 2020

Increase availability of trained EBHP leaders by offering targeted leader trainings in CDSMP/DMSP/CPSMP, MOB and TJP.
Target Date: January 2020 to December 2021

Partner with Title VI providers to educate on programs and services available. Explore opportunities to develop and strengthen EBHP offered.
Target Date: January 2020 - ongoing

Partner with Lake Region Healthcare/LSS/NSI to provide targeted medication management services to 8 meal sites that meet targeting criteria (low income, isolated, high ADL needs).
Target Date: January 2020 to December 2021

Identify opportunities to partner with farmer's markets to pilot programs that provide additional food options for underserved populations.
Target Date: January 2020 to December 2021
**Strategic Priority 2.3: Modernize the nutrition services delivery model to achieve efficiencies, promote sustainability and increase choice.**

<table>
<thead>
<tr>
<th>Support data collection and analysis of Title III C1 and C2 nutrition sites.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target Date: January 2020 - ongoing</td>
</tr>
</tbody>
</table>

- Conduct quarterly analysis of data, participate in MBA led discussions and implement corrective action(s) as needed.  
  Target Date: January 2020 - ongoing

- Utilize Peer Place data when conducting assessments and progress monitoring of Title III contractors/grantees. Identify targeting information to ensure service provision to frail, low-income and diverse communities.  
  Target Date: January 2020 - ongoing

- Conduct an analysis of meal service delivery plans by nutrition providers to identify efficiencies and/or cost savings.  
  Target Date: January 2020 - ongoing

- Engage nutrition providers in the development of nutrition business plans, as directed by MBA.  
  Target Date: January 2020 - ongoing

- Identify UNSERVED communities; determine feasibility of new service development models.  
  Target Date: January 2020 - ongoing

- Identify UNDERSERVED communities; in conjunction with MBA and LSS/NSI determine resources needed to address nutrition disparities.  
  Target Date: January 2020 - ongoing

- Gather data on grocery stores in the region that provide home delivery. Evaluate potential to form partnership among Title III providers and grocery stores that provide grocery/pharmacy home delivery.  
  Target Date: June 2020 - December 2020
Strategic Priority 2.4: Strengthen the delivery of health insurance counseling and long-term care options counseling, through the Senior LinkAge Line®.

Complete training for all staff
1. All Community Living Specialists to be trained as Caregiver Consultants. Training will be available by Q4 2019 and delivered via Pathlore
2. All PAS staff will complete training on PAS & specific Medicare information. Training will be available by Q1 2020.

Improve Data
- Improve gathering of basic demographics in order to inform efforts related to equity, outreach and program improvement.
  - MBA SLL Team will compile and provide reports by AAA to establish a baseline by end of Q1 2020
- Review positions and align with MBA approved positions and minimum standards
  - All Senior LinkAge Line positions will be aligned with MBA approved minimum standards and reported in the budget section.

Increase outreach by 5% for MSP, LIS with a focus on underserved populations and measure enrollments.
Medicare Savings Programs and Low Income Subsidy Zip code data will be provided to the AAAs by January, 2020.

New outreach material the focus on the unique programs for Native Americans will be delivered in Q2 2020.

Increase outreach by 5% for the year for New to Medicare & fraud and abuse. Report on new ways to reach people.

New to Medicare publication will be delivered by Q4, 2019

New Fraud and abuse publication will be delivered by Q1, 2020

Complete Training by
1. CLS – Q1 2020
2. PAS – Q2 2020 & call monitoring

Improve Data Collection
Decrease “not collected” in Web Referral demographics FOY by Q3 2020 through coaching and call reviews.
Collect data on housing to better identify the homeless population.

Align Positions
Align position names by Q1, 2020 and submit any new position with a reference to the approved titles and responsibilities.

Increase outreach for MSP & LIS
This will be measured by the number of calendar events in the calendar that include MSP and LIS outreach and the number of MSP and LIS Problem/Needs as well as number of LIS enrollments and the Native American Elders reached.

Increase new to Medicare and Fraud and Abuse outreach in new and creative ways.
This will be measured by the number of calendar events in the calendar for both programs and the narrative that shows new types of outreach.
### Goal 3: Support families and friends in their caregiving roles

<table>
<thead>
<tr>
<th>Priority 3.1: Enhance the caregiving support infrastructure to provide family caregivers with on-demand access to consultation and resources in person, by phone or online.</th>
<th>Specific Measures (include projected start &amp; end dates):</th>
</tr>
</thead>
</table>
| Administrative Role:  
  - Collaboration between SLL and caregiver grantees  
  - Contract/grant management: provide technical assistance and monitor progress of Title III providers. Conduct on-site assessment visits using AAA’s own analysis for prioritizing selected projects.  
  - Analysis of AAA data quarterly  
  - Identify staff and participate in MBA quarterly data analysis |  
  Develop regional fact sheets/information supplements to educate SLL on services provided by caregiver grantees.  
  Target Date: January 2019 to December 2019 |
| Development Role:  
  - Partner with 1-2 cultural, ethnic communities; partnerships to identify caregivers |  
  Conduct quarterly analysis of data, participate in MBA led discussions and implement corrective action as needed.  
  Target Date: January 2019 to December 2019 |
| Access Role:  
  - Participate in development of a plan to test expanded SLL hours; Enhance caregiver support skills (e.g. caregiver consultant training; REST, etc.); In collaboration with MBA, develop and implement referral & assistance protocols |  
  Utilize Peer Place data when conducting assessments and progress monitoring of Title III contractors/grantees. Identify targeting information to ensure service provision to frail, low-income and diverse communities.  
  Target Date: January 2019 to December 2019  
  Establish referral protocols for SLL and regional Caregiver Consultants by coordinating opportunities for information sharing with SLL staff.  
  Target Completion: April 2019 to December 2019  
  Work with the New American Consortium, Pelican Rapids Diversity committee to identify caregiver needs  
  Target Date: January 2019 to December 2019  
  Develop and Strengthen Partnerships with Title VI Tribal Councils, MIAAA, American Indian Resource Center and Northwest Indian Community Center to provide information and resources on caregiver services.  
  Target Date: January 2019 to December 2019  
  Share caregiver Information during White Earth and Red Lake outreach events  
  Target Date: January 2019 to December 2019  
  Provide technical assistance to Title III Grantees, Northwoods Caregivers workshop targeting Native Americans in White Earth and Red Lake tribal communities.  
  Target Completion: January 2018 to December 2019  
  Participate in extended SLL hours following plans developed by MBA.  
  Target Date: January 2019 to December 2019  
  Establish referral protocols between SLL and caregiver consultants, REST supported agencies and REACH Interventionists.  
  Target Date: January 2019 to December 2019 |
### Goal 3: Support families and friends in their caregiving roles

**Priority 3.2: Build capacity within informal caregiver networks to enhance caregiving skills**

**Administrative Role:**
- Expand triage by caregiver consultants, disseminate REST or other evidence-informed respite models

**Development Role:**
- Participate in CARE Act partnerships with State, AARP and hospital associations
- Develop on the ground relationships with nonprofits to identify caregiver consultants
- Identify partners to be trained in Powerful Tool for Caregivers, Dementia Education and REST

**Specific Measures (include projected start & end dates):**
- Disseminate REST information to generate additional participation by Title III or LWAH funded agencies.
  - Target Date: January 2019 to December 2019
- Assist caregiver consultants with developing business models for service delivery and expansion.
  - Target Date: January 2019 to December 2019
- Ensure caregiver consultants make appropriate referrals if individuals disclose homelessness.
  - Target Date: January 2019 to December 2019
- Facilitate referral processes between caregiver consultants and REST supported agencies.
  - Target Date: July 2019 to December 2019
- Identify CARE Act partnerships within our PSA and coordinate participation.
  - Target Date: January 2019 to December 2019
- Strengthen relationships with health systems to explore opportunities for caregiver consultants, Reach Interventionists and REST models to be adopted into their discharge planning process.
  - Target Date: January 2019 to December 2019
- Provide Virtual Dementia Tours to EMT/Police/First Responders to improve outcomes for people with dementia experiencing emergencies.
  - Target Date: January 2019 to December 2019
- Partner with Northwest Technical College/Northwoods Caregivers in the provision of the Virtual Dementia Tour opportunities in Bemidji and surrounding communities, including Red Lake, Cass Lak, and White Earth.
  - Target Date: January 2019 to December 2019
### Goal 3: Support families and friends in their caregiving roles

<table>
<thead>
<tr>
<th>Priority 3.3: Support family and friends who are caregiving by building respite options</th>
<th>Specific Measures (include projected start &amp; end dates):</th>
</tr>
</thead>
</table>
| **Administrative Role:**  
  - Fund priority models with III-E | Evaluate current III-E funded services affirming they are providing priority services.  
  Target Date: January 2019 to December 2019 |
|  | Identify new service delivery models, replicate when possible.  
  Target Date: January 2019 to December 2019 |
| **Development Role:**  
  - Regional respite care coalition | Support the expansion of additional caregiver related services such as group respite adult day.  
  Target Date: January 2019 to December 2019 |
|  | Title III-E funded services will implement REST as part of their service delivery.  
  Target Date: January 2019 to December 2019 |
|  | Establish a regional respite care coalition and participate in statewide initiatives as developed by MBA/DHS.  
  Target Date: January 2019 to December 2019 |
**Goal 3: Support families and friends in their caregiving roles**

**Priority 3.4: Strengthen the statewide system for working caregivers to prevent or mitigate caregiver stress and burden.**

**Advocacy Role:**
- Participate in caregiver training for employers and conduct outreach with curriculum developed for statewide dissemination

<table>
<thead>
<tr>
<th>Specific Measures (include projected start &amp; end dates):</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Create targeted materials for caregivers to access mental health services</td>
</tr>
<tr>
<td>- Explore existing EB community and integrated care models for mental health interventions OR pilot one EB depression intervention in your region</td>
</tr>
<tr>
<td>Educate four employers about caregiver related resources available.</td>
</tr>
<tr>
<td>Target Date: January 2019 to December 2019</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Match Employee Assistance programs with caregiver consultants to provide support for working caregivers.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target Date: January 2019 to December 2019</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Identify existing integrated care models for mental health interventions; determine if PEARLS or other EB program can be piloted.</th>
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<tbody>
<tr>
<td>Target Date: January 2019 to December 2019</td>
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<table>
<thead>
<tr>
<th>Provide Lunch &amp; Learn opportunities to regional employers to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Increase awareness of Dementia Friends</td>
</tr>
<tr>
<td>(2) Provide Dementia Friendly @ Work Sessions</td>
</tr>
<tr>
<td>(3) Increase participation in PTC</td>
</tr>
<tr>
<td>(4) Increase awareness of Caregiver Coaching, Family Meeting, REST and REACH initiatives</td>
</tr>
<tr>
<td>(5) Disseminate &quot;Beyond the Workday&quot; and &quot;Work and Caregiving&quot; materials</td>
</tr>
<tr>
<td>Target Date: January 2019 to December 2019</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Develop Relationships in collaboration with our Caregiver Consultants with Health Systems, with a focus of caregiver identification, assessment tools, referral protocols and advanced care planning to bring awareness of caregiver services.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target Date: January 2019 to December 2019</td>
</tr>
</tbody>
</table>
### Goal 3: Support families and friends in their caregiving roles

<table>
<thead>
<tr>
<th>Strategic Priority 3.1: Enhance the caregiving support infrastructure to provide family caregivers with on-demand access to consultation and resources in person, by phone or online</th>
</tr>
</thead>
</table>

**Access role completed in 2019. No activities proposed for 2020.**

<table>
<thead>
<tr>
<th>2020 Specific Measures (Include projected start &amp; end dates):</th>
</tr>
</thead>
</table>

- **Develop regional fact sheets/information supplements to educate SLL on services provided by caregiver grantees.**
  - Target Date: January 2020 to December 2020

- **Conduct quarterly analysis of data, participate in MBA led discussions and implement corrective action as needed.**
  - Target Date: January 2020 - ongoing

- **Utilize Peer Place data when conducting assessments and progress monitoring of Title III contractors/grantees. Identify targeting information to ensure service provision to frail, low-income and diverse communities.**
  - Target Date: January 2020 - ongoing

- **Work with the New American Consortium, Pelican Rapids Diversity committee to identify caregiver and care recipient needs.**
  - Target Date: January 2020 - ongoing

- **Develop and Strengthen Partnerships with Title VI Tribal Councils, MIAAA, American Indian Resource Center and Northwest Indian Community Center to provide information and resources on caregiver services.**
  - Target Date: January 2020 to December 2020

- **Share caregiver information during White Earth and Red Lake outreach events**
  - Target Date: January 2020 to December 2020

- **Provide technical assistance to Title III Grantees, Northwoods Caregivers workshop targeting Native Americans In White Earth and Red Lake tribal communities.**
  - Target Completion: January 2020 to December 2020

- **Participate in extended SLL hours following plans developed by MBA.**
  - Target Date: January 2019 to December 2019
**Strategic Priority 3.2: Build capacity within informal caregiver networks to enhance caregiving skills**

<table>
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<tr>
<th>Action</th>
<th>Target Date</th>
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<tbody>
<tr>
<td>Disseminate REST information to generate additional participation by Title III or LWAH funded agencies.</td>
<td>January 2020 - ongoing</td>
</tr>
<tr>
<td>Assist caregiver consultants with developing business models for service delivery and expansion.</td>
<td>January 2020 to December 2021</td>
</tr>
<tr>
<td>Ensure caregiver consultants make appropriate referrals if individuals disclose homelessness.</td>
<td>January 2020 to December 2021</td>
</tr>
<tr>
<td>Facilitate referral processes between caregiver consultants and REST supported agencies.</td>
<td>July 2020 - ongoing</td>
</tr>
<tr>
<td>Identify CARE Act partnerships within our PSA and coordinate participation.</td>
<td>January 2020 to December 2021</td>
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<tr>
<td>Strengthen relationships with health systems to explore opportunities for caregiver consultants, Reach interventionists and Rest models to be adopted into their discharge planning process.</td>
<td></td>
</tr>
<tr>
<td>Provide Powerful Tools for Caregivers leader training and support the provision of community classes.</td>
<td>January 2020 to December 2021</td>
</tr>
<tr>
<td>Provide Virtual Dementia Tours to EMT/Police/First Responders to improve outcomes for people with dementia experiencing emergencies.</td>
<td>January 2020 to December 2021</td>
</tr>
<tr>
<td>Partner with Northwest Technical College/Northwoods Caregivers in the provision of the Virtual Dementia Tour opportunities in Bemidji and surrounding communities, including Red Lake, Cass Lake, and White Earth.</td>
<td>January 2020 to December 2021</td>
</tr>
<tr>
<td>Grants Management and Program Development staff will provide Training and Technical Assistance to new provider serving Grant, Traverse and Pope County.</td>
<td>January 2020 to December 2020</td>
</tr>
</tbody>
</table>
### (3.2 Continued)

Development Supervisor and Grants Manager will explore the opportunity of developing Self-Directed Respite Services partnering with a Fiscal Support entity and Title III-E Caregiver grantees.

**Target:** January 2020 to December 2020

Grants Manager will review the current Title III-E Caregiver Consultant Standards for Professional Practice with all Title III-E grantees.

**Target:** January 2020 to April 2020

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### Strategic Priority 3.3: Support family and friends who are caregiving by building respite options

Evaluate current III-E funded services affirming they are providing priority services.

**Target Date:** January 2020 to December 2020

Identify new service delivery models, replicate when possible.

**Target Date:** January 2020 - ongoing

Support the expansion of additional caregiver related services such as group respite adult day.

**Target Date:** January 2020 - ongoing

Title III-E funded services will implement REST as part of their service delivery.

**Target Date:** January 2020 - ongoing

Establish a regional respite care coalition and participate in statewide initiatives as developed by MBA/DHS.

**Target Date:** January 2020 to December 2020

Strengthen relationships with Red Lake Band of Chippewa Indians and White Earth Reservations and explore the opportunity to develop intergenerational program or Grandparents & Relatives Raising Grandchildren.

**Target:** January 2020 to December 2020
Strategic Priority 3.4: Strengthen the statewide system for working caregivers to prevent or mitigate caregiver stress and burden

Educate four employers about caregiver related resources available.
Target Date: January 2020 to December 2020

Match Employee Assistance programs with caregiver consultants to provide support for working caregivers.
Target Date: January 2020 to December 2020

Identify existing integrated care models for mental health interventions; determine if PEARLS or other EB program can be piloted.
Target Date: January 2020 to December 2020

Provide Lunch & Learn opportunities to 4 regional employers to:

(1) Increase awareness of Dementia Friends

(2) Provide Dementia Friendly @ Work Sessions

(3) Increase participation in PTC

(4) Increase awareness of Caregiver Coaching, Family Meeting, REST and REACH Initiatives

(5) Disseminate "Beyond the Workday" and "Work and Caregiving" materials

Target Date: January 2020 to December 2020

Develop Relationships in collaboration with our Caregiver Consultants with Health Systems, with a focus of caregiver identification, assessment tools, referral protocols and advanced care planning to bring awareness of caregiver services.
Target Date: January 2020 to December 2020
**Goal 4: Support aging in community with access to a range of services and housing options**

<table>
<thead>
<tr>
<th>Strategic Priority 4.1:</th>
<th>Specific Measures (include projected start &amp; end dates):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assist older low income homeowners to age in community through affordable home maintenance, modifications and in-home services.</td>
<td>Using data from Wilder's Assessment of Home Renovation and Rehabilitation Needs report, provide information to RDC's, Initiative Funds and other regional partners addressing housing issues. Target Date: January 2019 to December 2019</td>
</tr>
</tbody>
</table>

**Development Role:**
- Understand existing options and leverage regional/local public-private partnership to complete home mods, maintenance;
- Coordinate HCBS with existing weatherization programs, MHFA loans, and resources with State Services for the Blind.

**Access Role:**
- **Participate In data integrity project for MinnesotaHelp.info; In collaboration with MBA, develop and implement referral and assistance protocols; Enhance knowledge of Title III providers**
  - Partner with the Duluth Lighthouse, State Services for the Blind, Deaf and Hard of Hearing services to educate caregivers about home modification resources. Target Date: January 2019 to December 2019
  - Participate in the January and August data integrity process for MinnesotaHelp.info. Target Date: January 2019 to December 2019
  - Educate providers (Title III, LWAH and HCBS) on data entry, providing updated and complete information. Target Date: January 2019 to December 2019
  - Incorporate training on MinnesotaHelp.Info Into annual Title III Provider Training day. Target Date: January 2019 to June 2019
  - Assist providers with entering, updating and/or correcting information into MinnesotaHelp.info. Develop and implement referral and assistance protocols in collaboration with MBA. Target Date: January 2019 to December 2019
**Goal 4: Support aging in community with access to a range of services and housing options**

<table>
<thead>
<tr>
<th><strong>Strategic Priority 4.2:</strong> Coordinate funding support of, and service provision in, affordable and subsidized congregate housing options for older adults, ensure Landlord Tenant Law protects older adults</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Administrative Role:</strong></td>
</tr>
<tr>
<td>• Title III contracts to offer priority in senior housing; co-location</td>
</tr>
<tr>
<td>• Explore one partnership with public/subsidized senior housing for outreach to conduct education activities</td>
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<thead>
<tr>
<th><strong>Development Role:</strong></th>
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<tbody>
<tr>
<td>• Title III providers target outreach and services in senior housing; co-location; New partnerships to deliver services and supports in senior housing</td>
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<table>
<thead>
<tr>
<th><strong>Specific Measures (Include projected start &amp; end dates):</strong></th>
</tr>
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<tbody>
<tr>
<td>• Establish or strengthen 2 new or existing partnerships with local providers or organizations</td>
</tr>
<tr>
<td>Ensure that Title III funded services, including nutrition services, are co-located in senior housing when possible.</td>
</tr>
<tr>
<td><strong>Target Date:</strong> January 2019 to December 2019</td>
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<tbody>
<tr>
<td>Requirements Title III providers to identify how they interact with public/subsidized housing for service delivery.</td>
</tr>
<tr>
<td><strong>Target Date:</strong> January 2019 to December 2019</td>
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<tbody>
<tr>
<td>Create a list of nutrition sites in senior housing; identify additional service opportunities.</td>
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<tr>
<td><strong>Target Date:</strong> January 2019 to December 2019</td>
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<tbody>
<tr>
<td>Identify opportunities with Knute Nelson, Shuett, Eventide, Ecumen, community HRA's and others to coordinate outreach and education activities.</td>
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<tr>
<td><strong>Target Date:</strong> January 2019 to December 2019</td>
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<tbody>
<tr>
<td>Partner with Legal Services of NW Minnesota to provide coordinated outreach activities focusing on Medicare and/or housing issues.</td>
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<tr>
<td><strong>Target Date:</strong> January 2019 to December 2019</td>
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<tbody>
<tr>
<td>Identify opportunities for the provision of EB programs in senior housing, including PTC, MOB, TJQ and other programs.</td>
</tr>
<tr>
<td><strong>Target Date:</strong> January 2019 to December 2019</td>
</tr>
</tbody>
</table>
| Strategic Priority 4.3: Assist older adults to age in community through strengthened HCBS; explore options to improve current OAA core services, Elderly Waiver, Alternative Care and Essential Community Supports | Specific Measures (include projected start & end dates):

- Development of a work plan with MBA staff and other AAA staff (i.e. development) to identify gaps in resources and/or strengthen partnerships.
  
  Convene regional groups to identify solutions to service gaps including homemaker/chore, transportation and caregiver support.
  
  Target Date: January 2019 to December 2019

- Develop Title III funded service models that seeks to fill service gaps.
  
  Target Date: January 2019 to December 2019

- Conduct quarterly analysis of data, participate in MBA led discussions and implement corrective action(s) as needed.
  
  Target Date: January 2019 to December 2019

- Utilize Peer Place data when conducting assessment and progress monitoring of Title III contractors/grantees. Identify targeting Information to ensure service provision to frail, low-income and diverse communities.
  
  Target Date: January 2019 to December 2019

- Partner with provider groups to advocate for policy changes and/or Implementation of legislative Initiatives.
  
  Target Date: January 2019 to December 2019

- Increase awareness of HCBS services, including OAA funded services by:
  
  1. partnering with the Pelican Rapids Multi-Cultural committee
  2. participation on Sanford’s Fargo-Moorhead Advisory Committee
  3. participation on Sanford’s Stronger Together Committee in Bemidji
  4. assisting with Roseau Chronic Care Team’s Outreach Effort to Hmong/Laotian Communities
  5. establishing relationships with Title VI providers
  
  Target Date: January 2019 to December 2019

| Administrative Role: |  
- Develop and pilot one new Title III contracting and service models
- Contract/grant management: provide technical assistance and monitor progress of Title III providers. Conduct on-site assessment visits using AAA’s own analysis for prioritizing selected projects.
- Analysis of AAA data quarterly
- Identify staff and participate in MBA quarterly data analysis

| Advocacy Role: |
- Advocate for state-level policy changes, investments

| Development Role: |
- Identify cultural, ethnic communities an work with community leaders to disseminate information and build awareness of services available through OAA and public programs; |
### Goal 4: Support aging in community with access to a range of services and housing options

**Strategic Priority 4.4:** Assist communities to implement life cycle housing planning and development.

**Advocacy Role:**
- Educate cities, provide technical assistance

**Specific Measures (Include projected start & end dates):**
- Develop a work plan that outlines specific steps and partners to accomplish activities
  
  Educate service clubs, city councils, community groups about life cycle housing planning.  
  Target Date: January 2019 to December 2019

- Collaborate with three communities to provide planning and assistance with implementing Communities for a Lifetime initiatives.  
  Target Date: January 2019 to December 2019

- Advocate that housing development initiatives include awareness of senior needs.  
  Target Date: January 2019 to December 2019

- Partner with NWRDC/HRDC/WCIF as they develop and implement housing strategies.  
  Target Date: January 2019 to December 2019

- Identify opportunities to participate in Northwest Housing Partnership to share life housing planning best practices and lessons learned from their collaboration with Homark and other partners, to identify opportunities to replicate this innovative housing model to additional communities.  
  Target Date: January 2019 to December 2020
**Goal 4: Support aging in community with access to a range of services and housing options**

<table>
<thead>
<tr>
<th>Strategic Priority 4.5: Through the Heading Home Together Plan, work with others to prevent and end homelessness experienced by older adults.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Specific Measures (Include projected start &amp; end dates):</strong></td>
</tr>
<tr>
<td>- Strengthen relationships with community providers who can identify people at risk of homelessness and make referrals to SLL</td>
</tr>
<tr>
<td>- Participate in data integrity project to ensure known resources relating to homelessness are in MinnesotaHelp.Info</td>
</tr>
<tr>
<td>- Target audiences who may be at risk of homelessness for presentations and outreach</td>
</tr>
<tr>
<td>- Identify homeless or at-risk older adults in hospitals and nursing homes by strengthening existing referral paths through outreach to providers</td>
</tr>
</tbody>
</table>

Coordinate trainings and outreach events with Veteran Service Officers, Continuum of Care Agencies and Family Homeless Prevention and Assistance programs. 
**Target Date:** January 2019 to December 2019

Identify community level resources to assist with homeless prevention (local Salvation Army, Community Funds); develop referral protocols for SLL.  
**Target Date:** January 2019 to December 2019

Educate staff and board members about homelessness; identify natural points of contact to connect people to entry points and other resources. 
**Target Date:** January 2019 to December 2019

Implement protocols developed for SLL and RTC to help identify and refer individuals who are identified as homeless or at risk of homelessness. 
**Target Date:** July 2019 to December 2019

Coordinate with the Office of Ombudsman for Long Term Care and RTC staff to improve and enhance discharge planning for older adults experiencing homelessness. 
**Target Date:** January 2019 to December 2019

Utilize Senior Coordinators and volunteers to assist with forms completion for public assistance programs, applying for Social Security/Medicare.  
**Target Date:** January 2019 to December 2019
<table>
<thead>
<tr>
<th>Strategic Priority 4.1: Assist older low income homeowners to age in community through affordable home maintenance, modifications and In-home services</th>
<th>2020 Specific Measures (Include projected start &amp; end dates):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using data from Wilder’s Assessment of Home Renovation and Rehabilitation Needs report, provide information to RDC’s, Initiative Funds and other regional partners addressing housing issues. Target Date: January 2020 to December 2020</td>
<td></td>
</tr>
<tr>
<td>Partner with existing Community Action Agencies that offer home modification or weatherization programs to expand service menus. Target Date: January 2020 to December 2020</td>
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<tr>
<td>Partner with the Duluth Lighthouse, State Services for the Blind, Deaf and Hard of Hearing services to educate caregivers about home modification resources. Target Date: January 2020 to December 2020</td>
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<tr>
<td>Participate in the January and August data integrity process for MinnesotaHelp.info. Target Date: ongoing</td>
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<tr>
<td>Educate providers (Title III, LWAH and HCBS) on data entry, providing updated and complete information. Target Date: ongoing</td>
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<td>Incorporate training on MinnesotaHelp.info into annual Title III Provider Training day. Target Date: ongoing</td>
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<tr>
<td>Develop and implement referral and assistance protocols in collaboration with MBA. Target Date: ongoing</td>
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<td>Strategic Priority 4.2: Coordinate funding support of, and service provision in, affordable and subsidized congregate housing options for older adults, ensure Landlord Tenant Law protects older adults</td>
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<tr>
<td>Ensure that Title III funded services, including nutrition services, are co-located in senior housing when possible. Target Date: ongoing</td>
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<tr>
<td>Require Title III providers to identify how they interact with public/subsidized housing for service delivery. Target Date: ongoing</td>
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<tr>
<td>Create a list of nutrition sites in senior housing; Identify additional service opportunities. Target Date: ongoing</td>
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<td>Identify opportunities with Knute Nelson, Schuett, Eventide, Ecumen, community HRA's and others to coordinate outreach and education activities. Target Date: ongoing</td>
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<td>Partner with Legal Services of NW Minnesota to provide coordinated outreach activities focusing on Medicare and/or housing issues. Target Date: ongoing</td>
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<tr>
<td>Identify opportunities for the provision of EB programs in senior housing, including PTC, MOB, TJQ and other programs. Target Date: January 2020 to December 2021</td>
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</tr>
<tr>
<td>Provide Technical Assistance to 3 community action agencies that provide home maker and chore services to strengthen and expand their services to senior housing within the communities that they serve. Partners included; Mahube-OTWA, Lakes and Prairies and West Central Community Action Agencies. Target January 2020 to October 2020.</td>
<td></td>
</tr>
</tbody>
</table>
Strategic Priority 4.3: Assist older adults to age in community through strengthened HCBS; explore options to improve current OAA core services, Elderly Waiver, Alternative Care and Essential Community Supports

- Convene regional groups to identify solutions to service gaps including homemaker/chore, transportation and caregiver support.
  Target Date: ongoing

- Develop Title III funded service models that seeks to fill service gaps.
  Target Date: January 2020 to December 2021

- Conduct quarterly analysis of data, participate in MBA led discussions and implement corrective action(s) as needed.
  Target Date: January 2020 - ongoing

- Utilize Peer Place data when conducting assessment and progress monitoring of Title III contractors/grantees. Identify targeting information to ensure service provision to frail, low-income and diverse communities.
  Target Date: January 2020 - ongoing

- Partner with provider groups to advocate for policy changes and/or implementation of legislative initiatives.
  Target Date: January 2020 - ongoing

- Increase awareness of HCBS services, including OAA funded services by:
  1. Partnering with the Pelican Rapids Multi-Cultural Committee
  2. Participation on Sanford's Fargo-Moorhead Advisory Committee
  3. Participation on Sanford’s Stronger Together Committee in Bemidji
  4. Assisting with Roseau Chronic Care Team’s Outreach Effort to Hmong/Laotian Communities
  5. Establishing relationships with Title VI providers

  Target Date: January 2020 - ongoing
**Strategic Priority 4.4: Assist communities to implement life cycle housing planning and development**

- Educate service clubs, city councils, community groups about life cycle housing planning.
  - Target Date: January 2020 - December 2021

- Collaborate with three communities (Warroad, Fosston, Pelican Rapids) to provide planning and assistance with implementing Communities for a Lifetime initiatives.
  - Target Date: January 2020 to December 2021

- Assist existing Complete Count Committees (Moorhead, Detroit Lakes, Crookston) as they work to implement 2020 Census counts. Assist two additional communities (Pelican Rapids, Warroad) determine interest in development of a Complete Count Committee to fully count all members of communities.
  - Target Date: January 2020 to December 2020

- Advocate that housing development initiatives include awareness of senior needs.
  - Target Date: January 2020 to December 2021

- Partner with NWRDC/HRDC/WCIF as they develop and implement housing strategies.
  - Target Date: January 2020 - ongoing

- Identify opportunities to participate in Northwest Housing Partnership to share life housing planning best practices and lessons learned from their collaboration with Homark and other partners, to identify opportunities to replicate this innovative housing model to additional communities.
  - Target Date: January 2019 to December 2020

- Coordinate 1 Universal Design Aging in Place workshop in our planning and service areas following the Home Fit Guide developed by AARP.
  - Target Date: April 2020 to December 2020

- Develop a survey targeting city planners, mayors, city council and administration to learn more about the comprehensive planning for infrastructure that supports age in place in their strategic planning processes.
  - Target: January 2020 to October 2020.
(4.4 Continued)

<table>
<thead>
<tr>
<th>Strategic Priority 4.5: Through the Heading Home Together Plan, work with others to prevent and end homelessness experienced by older adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coordinate training and outreach events with Veteran Service Officers, Continuum of Care Agencies and Family Homeless Prevention and Assistance programs. Target Date: January 2020 to December 2021</td>
</tr>
<tr>
<td>Identify community level resources to assist with homeless prevention (local Salvation Army, Community Funds); develop referral protocols for SLL. Target Date: January 2020 to December 2020</td>
</tr>
<tr>
<td>Educate staff and board members about homelessness; identify natural points of contact to connect people to entry points and other resources. Target Date: January 2020 to December 2020</td>
</tr>
<tr>
<td>Coordinate with the Office of Ombudsman for Long Term Care and RTC staff to improve and enhance discharge planning for older adults experiencing homelessness. Target Date: January 2020 - ongoing</td>
</tr>
<tr>
<td>Utilize Senior Coordinators and volunteers to assist with forms completion for public assistance programs, applying for Social Security/Medicare. Target Date: January 2020 - ongoing</td>
</tr>
<tr>
<td>D. PROGRAM RESOURCES AND PROGRAM BUDGET -- INFORMATION AND ASSISTANCE PROGRAM</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>1 New Obligational Authority Allocated to AAA</td>
</tr>
<tr>
<td>2 Transfers Between AAAs</td>
</tr>
<tr>
<td>3 Carryover - from Section C-5, p.8</td>
</tr>
<tr>
<td>4 New Obligational Authority Budgeted After Transfers</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E. TOTAL PROGRAM BUDGET</th>
<th>GRAND TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Amount Budgeted for Area Agency Administration</td>
<td>$348,357</td>
</tr>
<tr>
<td>2 Amount Budgeted for Area Agency Direct Service</td>
<td>$1,240,227</td>
</tr>
<tr>
<td>3 Amount Budgeted for Grants/Contracts</td>
<td>$2,683,747</td>
</tr>
<tr>
<td>4 TOTAL BUDGETED</td>
<td>$4,280,330</td>
</tr>
</tbody>
</table>
# SUMMARY BUDGET

### AREA PLAN YEAR 2020

**Use MBA most recent allocation table to complete this section**

### Area Agency: Dering Big AAA

#### A. PROGRAM RESOURCES

<table>
<thead>
<tr>
<th>Description</th>
<th>III-A</th>
<th>II-B</th>
<th>III-C</th>
<th>III-D</th>
<th>III-E</th>
<th>TITLE III SUBTOTALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Obligational Authority Allocated to AAA</td>
<td>$234,002</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Transfers between Funds</td>
<td>$124,002</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transfers between AAs</td>
<td>$126,002</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Children's II-B Support Services to Program Development</td>
<td>$126,002</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>New Obligational Authority After Transfers</td>
<td>$126,002</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Direct Services Carryover</td>
<td>$126,002</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>TOTAL AVAILABLE</strong></td>
<td>$224,662</td>
<td></td>
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</tr>
</tbody>
</table>

#### B. PROGRAM BUDGET TITLE III

<table>
<thead>
<tr>
<th>Description</th>
<th>III-A</th>
<th>II-B</th>
<th>III-C</th>
<th>III-D</th>
<th>III-E</th>
<th>TITLE III SUBTOTALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Budgeted for Area Agency Administration</td>
<td>$224,662</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amount Budgeted for Area Agency Direct Services</td>
<td>$126,002</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL BUDGET</strong></td>
<td>$224,662</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

#### C. PROGRAM RESOURCES AND PROGRAM BUDGET - NUTRITION SERVICES

- **STATE NUTRITION SERVICES**
  - **STATE COMPL. MEDALS**
  - **STATE HOME DELIV. MEDALS**
  - **STATE NUTRITION TOTAL**

- **FEDERAL NBSP**

- **NONE TITLE III NUTRITION SUBTOTAL**

### Notes:
- Must be supported by copies of grantees' Final Financial Reports for the 2020 fiscal year.
- Includes Program Development and Coordination carryover as supported by MBA 200 and submitted to MBA.

### Source:
- MBA (FY18-19)