



Advocacy. Action. Answers on Aging.

Washington Association of Area Agencies on Aging

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Area Agencies on Aging (AAAs) have over 50 years of on-the-ground experience helping community members navigate health and human service delivery systems. People living with disabilities (not limited to elders) trust AAA staff to help them access long-term services and supports (LTSS) to maintain a healthy life at home. 1 in 7 LTSS clients with a Medicare or Medicaid claim have a mental health disorder and 1 in 4 have delirium or another Dementia disorder. Community LTSS clients have more chronic conditions, typically 5 chronic conditions diagnosed in the past year.



AAAs create, coordinate, and deliver a wide range of home and community-based services:

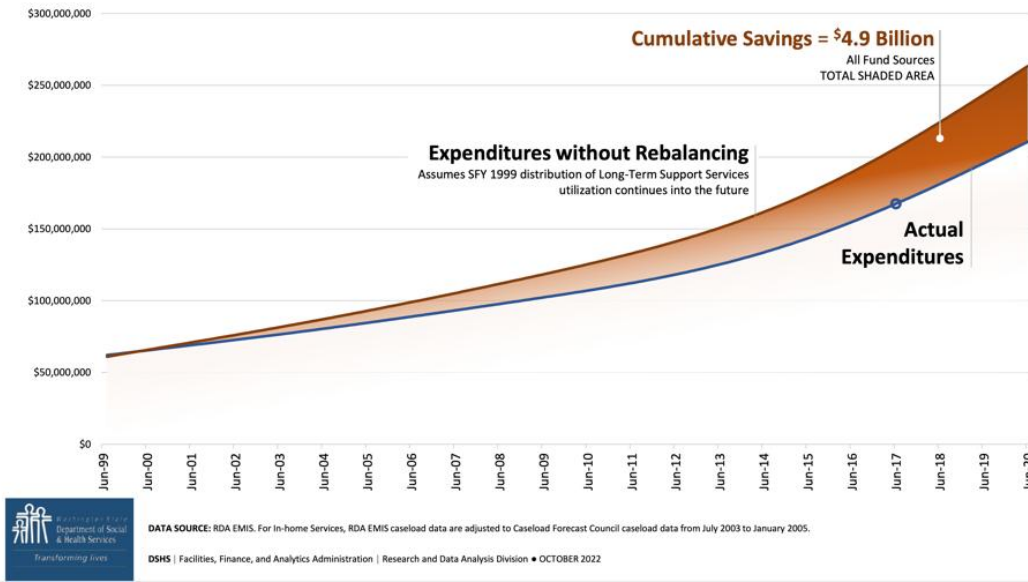
- **Medicaid LTSS Case Management** is the glue that holds together a safety net of services that keep nursing-home-eligible adults with multiple disabilities safe and cared for at home. AAA case managers handle evictions, caregiver turnover, health crises, suicidal thoughts, vaccine appointments, address self-neglect, abuse, family conflicts, protect clients in emergencies (heat, cold, fire, flood, blackouts).
- **Health Homes** provide targeted and intensive care coordination for high risk, high-cost individuals who are covered by both Medicaid and Medicare (dual-eligibles). Coordinators support clients' goals for wellbeing, which reduce clients' need for hospital services. The federal government shares savings from avoided hospitalizations with the state, providing funding for the program and a bonus for the state budget (this program pays for itself with its 4:1 ROI).
- **Hospital Discharge Care Transitions** care coordinators facilitate efficient discharge from hospital to home by organizing supports to ensure a safe transition. This work frees up hospital bed capacity and decreases hospital readmissions.
- **Dementia Resource Catalysts** are helping to build dementia capable communities by assisting families and developing needed dementia-capable services. Three AAAs are now funded to provide this service and have demonstrated the value of expanding the service to all AAAs.
- **Older Americans Act (federally funded services)** include information and referral/assistance (via Community Living Connections), options counseling, home-delivered and congregate meals, in-home services, caregiver supports, legal assistance, transportation, adult day services, evidence-based health and wellness programs and more.
- **Family Caregiver Supports** include a suite of services that help family caregivers take care of themselves so they can keep their loved ones at home longer. Using an evidence-based TCARE assessment, AAA staff work with the caregiver to set goals and select services to reduce stress.

AAAs were created in 1973 through the federal Older Americans Act (OAA). AAAs plan, coordinate, fund, provide, and advocate for services for older adults. AAAs in Washington State also support adults 18 years and older who are receiving Medicaid-funded community LTSS at home.

The 13 AAAs played a central role in establishing Washington State as a national leader in cost-effective home and community based LTSS services for adults 18 years and older. Our state's **LTSS system ranks 2nd in the nation** while only **29th in per capita Medicaid spending**. 90% of Medicaid LTSS clients are served in home and community-based settings. Legislative action to rebalance Medicaid options and to move away from expensive nursing home care saved our state \$4.9 Billion between 2000 and 2020. The AAAs are proud of their partnership with DSHS in bending the cost curve for Medicaid LTSS services.

AL TSA Long-Term Services and Supports Rebalancing Savings

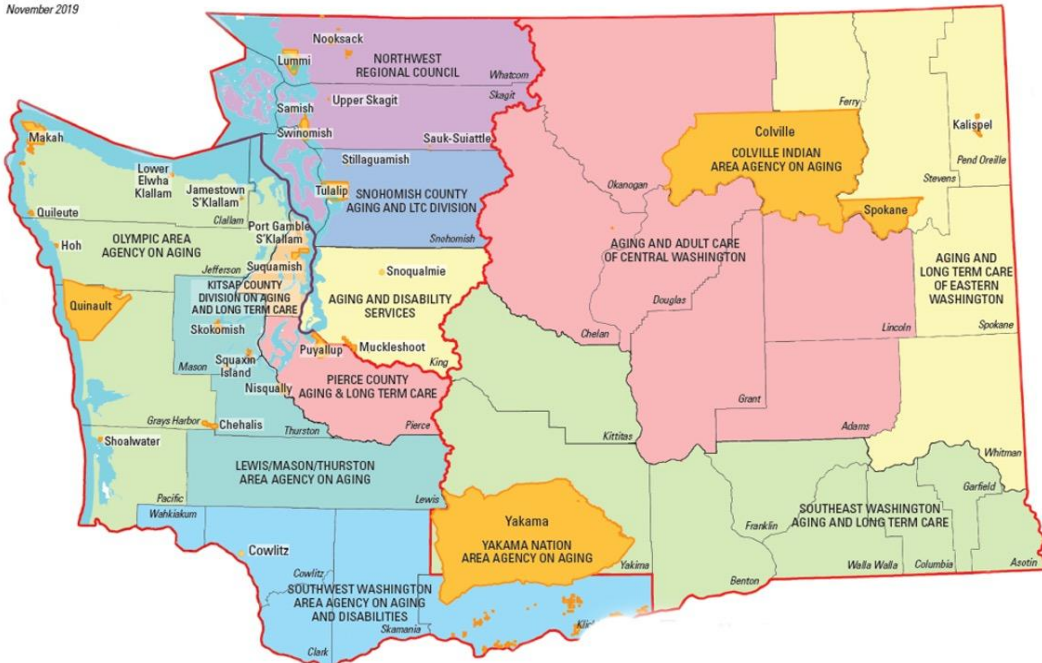
Monthly Service Expenditures • All Fund Sources • SFY 2000-2020



The Washington Association of Area Agencies on Aging (**W4A**) serves as the collective voice of the **13 Area Agencies on Aging (AAAs)** in Washington State. AAAs are critical for creating communities that support people as they age. Their mission is to help older people and adults with disabilities live with optimal health, well-being, independence and dignity in their homes and communities. Local citizen advisory councils guide their work. AAAs are consumer-oriented and provide grassroots services targeted to address local needs, with an emphasis on vulnerable people with chronic care needs and family caregivers. Equity is central to their work, as AAAs focus assistance for those with the greatest economic and social needs.

AAAs are publicly sponsored agencies, organized through city/county governments, multi-county councils of government, and tribes. The map below shows the regions served by Washington State’s AAAs, which include all 39 counties and 2 tribal nations.

November 2019



FEDERALLY RECOGNIZED WASHINGTON STATE TRIBES AND AREA AGENCIES ON AGING

- Olympic Area Agency on Aging (PSA 1)
- Northwest Regional Council (PSA 2)
- Snohomish County Aging and LTC Division (PSA 3)
- Aging and Disability Services (PSA 4)
- Pierce County Aging and Long Term Care (PSA 5)
- Lewis/Mason/Thurston Area Agency on Aging (PSA 6)
- Southwest Washington Agency on Aging and Disabilities (PSA 7)
- Aging and Adult Care of Central Washington (PSA 8)
- Southeast Washington Aging and Long Term Care (PSA 9)
- Yakama Nation Area Agency on Aging (PSA 10)
- Aging and Long Term Care of Eastern Washington (PSA 11)
- Colville Indian Area Agency on Aging (PSA 12)
- Kitsap County Division on Aging and Long Term Care (PSA 13)