

2010 UPDATE TO THE 2008-2011 AREA PLAN

NEW PROJECTS

1. Senior Nutrition American Recovery & Reinvestment Act (ARRA) Project

The Kitsap County Division of Aging and Long Term Care (ALTC) has developed a new ARRA funded project to help identify seniors at risk for diabetes, and to provide education on prevention and self-management of diabetes. This project is intended to reach seniors via the Senior Nutrition Program's congregate meal sites and home-delivered meals, as well as through partnerships with the Asian-Pacific community and the local tribes. In order to create a fiscally sustainable project once ARRA funds are expended, the majority of the planning, development, analysis and training will be conducted within the initial project year.

Identification of at-risk seniors will be facilitated by the addition of diabetes-specific statements to the Nutrition Risk Assessment Survey currently in use. This survey will be completed by all participants at congregate meal sites and during in-home risk assessments for home-delivered meal clients. It is expected that this component of the project will serve approximately 1,400 unduplicated clients on an annual basis.

A resource list will be developed to identify locally available and on-line resources for diabetes information and self-management. This list will be made available to clients in hard copy and on the ALTC website.

The monthly nutrition topic presented to congregate meal attendees by the dietitian will include a diabetes-related topic at least quarterly. It is expected that this component of the project will serve approximately 3,000 duplicated clients on an annual basis.

Meals provided to congregate sites and home delivered clients are not always appropriate for diabetics without modification. It is important for diabetics to distribute their carbohydrate intake between several meals and snacks throughout the day. Information regarding carbohydrate content by item and meal would be useful--allowing diabetics to make choices about what foods to eat, not eat, or save for later. The best means of providing his information will be determined.

Home-delivered frozen meals often differ in content from meals served hot. This is usually due to storage and packaging considerations. A quality-control method will be developed to ensure that frozen meals meet standards of nutrition and that diabetic clients receive carbohydrate content information.

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2. Vulnerable Populations Emergency Planning Partnership

There are people in our community who, without additional assistance, are less able to effectively respond to a disaster and who cannot easily or safely access and use the standard resources offered in disaster preparedness, relief and recovery.

In recognition of this fact, a partnership to create a comprehensive approach to address this problem was proposed by the Kitsap County Division of Aging & Long Term Care (ALTC) to the Kitsap County Department of Emergency Management (DEM).

This initial effort has resulted in a partnership between DEM and ALTC to "promote effective emergency/disaster planning with and for vulnerable populations in Kitsap County."

We will be coordinating with other organizations providing services to vulnerable people (e.g., developmental disability, long-term care, mental health providers, etc.) to provide training, informational resources, and, whenever possible, to facilitate inter-organizational mutual assistance agreements. Following is a list of those populations identified as in need of these additional services:

- A person with a disability whose needs cannot be met in a shelter;
- A person living in their own home with ongoing critical medical treatment needs (e.g., ventilator care, dialysis, professional wound care, etc.) that, if interrupted, will lead to unfavorable outcomes (worsened condition or death).
- a non-English-speaker who does not understand the order to evacuate;
- a frail older person who cannot lift or carry a disaster supply kit;
- a person with significant mental health concerns;
- a person with significant developmental disabilities.

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3. Vulnerable Adults Workgroup

The Vulnerable Adults Workgroup, which was initiated by Larry Mack, chair of the Kitsap County Developmental Disabilities Advisory Board, was developed with the intent to provide resources, information and support to legal and law enforcement officials who interact with vulnerable individuals.

Of specific interest to the workgroup are individuals with developmental disabilities, mental health issues, and/or dementia. Such individuals encounter significant challenges when they interact with legal and/or law enforcement officials – whether they are witnesses to or alleged victims or perpetrators of a crime.

By being a resource to legal and law enforcement officers, the Vulnerable Adults Workgroup intends to help mitigate some of the risks encountered by vulnerable individuals, and, as a consequence, to help mitigate some of the associated risks assumed by Kitsap County.

To date, members of the workgroup are from the Developmental Disabilities Advisory Board, Kitsap County Developmental Disabilities Program and other Kitsap County organizations serving people with developmental disabilities, Kitsap County Division of Aging & Long Term Care, Kitsap County Ombudsman Program, and the Department of Social and Health Services Adult Protective Services Unit. Representatives from other critical service areas such as mental health, law enforcement and experts in dementia will be approached to join this workgroup.