

**KRONKOSKY CHARITABLE FOUNDATION
ROUNDTABLE DISCUSSIONS**

TOPIC: Aging and the Elderly
DATE: March 26, 1998
PREPARED BY: Yolanda D. Uranga, Intern

PARTICIPANTS

Invited Agency Representatives

| | | |
|---------------------------------------|--|---|
| Kimberly Gregg Guillermo Rodriguez | Executive Director Director | Guardianship Services Texas Department of Protective & Regulatory Services (TDPRS), Adult Protective Services |
| Steve Saldana Laura Cisneros | Executive Director Director of Elderly & Disabled Services | Christian Senior Services City of San Antonio, Department of Community Initiatives |
| Pat Tarnosky | Adult Protective Services Supervisor | Texas Department of Protective and Regulatory |
| Richard Duffy | Associate Director | Presa Nutrition Center |

Foundation Staff and Trustees

| | |
|----------------|----------------------------------|
| Palmer Moe | Executive Director |
| Megan Kromer | Director of Program & Evaluation |
| Mark Carmona | Grants Manager |
| Michael Bacon | Grants Manager |
| Yolanda Uranga | Student Intern, OLLU |

OVERVIEW

- Services for the elderly focus on five major areas: nutrition, personal safety, health and medical concerns, social and psychological well-being, and transportation
- Services in the Bexar County areas are limited by funding constraints and personnel shortages
- For services that are offered, a lack of adequate and available transportation is a major concern

NUTRITION

Meals on Wheels, a program of Christian Senior Services

- Provides 730 meals per day, Monday through Friday funded by ACOG and TDHS
- Christian Senior Services served 2500 seniors in 1997, but there is still a need for more services

- The meals are delivered using a fleet of 13 vans equipped with heating units to maintain food quality and health standards
- The cost of one meal ranges from \$1.75 to \$3.00, with seniors donating part of the cost
- An average of \$40,000 per year is written off due to unpaid donations for meals delivered
- Frozen meals are available for those seniors needing meals on the weekends. These are paid by donations and on the ability to pay.
- A total of 3,350 seniors entered this program in 1997 but it is estimated that many others who need the service are not currently receiving it.

The City of San Antonio Department of Community Initiatives, Elderly & Disabled Services Division

- This Division sponsors 36 nutrition centers where 3000 meals are served daily and 600 meals per day are delivered to homebound seniors
- The nutrition centers also serve as congregate centers for socialization, companionship, and other senior activities
- When necessary, center staff also provides transportation to and from the center.
- Eligibility is determined by age (60 years and over); spouses of eligible participants are welcome
- Cost of meals is \$3.63 with a \$.50 donation by the participant if they are able to pay
- There are 24 vans available to provide transportation to nutrition sites
- The Elderly & Disabled Services Division serves as a coordinating network of nutrition sites and sponsors other social activities for the elderly

The Jefferson Area co-op

- This cooperative serves about 20 meals per day
- The cost effectiveness of this co-op is a concern

HEALTH AND MEDICAL CONCERNS

- The average social security income of a senior is \$485/month
- A large number of seniors spend a sizable portion of their income on medications, leaving little income for other needs
- Seniors often don't access health care because of the lack of transportation, and the fear of being placed in a nursing home
- The high cost of medical care is a deterrent to receiving medical attention
- The City of San Antonio has a program to provide Home Health Care addressing personal care needs; there is a waiting list of 200 seniors at the present time and 700 participants with 30 attendants

PERSONAL SAFETY

- The Texas Department of Protective and Regulatory Services is the state agency responsible for investigating reports of abuse and neglect of the elderly
- Guardianship Services is a private non-profit in Bexar County whose purpose is to intervene and prevent the abuse, neglect and exploitation of mentally incompetent elderly; guardians are appointed by the courts to provide assistance with personal needs such as housing, financial, nutrition and medical needs
- The Texas Department of Protective and Regulatory Services, Adult Protective Services, has a contract with Centro Del Barrio clinic to provide for the care of battered seniors; Centro Del Barrio provides doctors home visits to patients, making medical care accessible
- Services in the area of violence prevention toward seniors needs more attention; more seniors need to be aware that they can receive help if they are being abused or neglected

SOCIAL AND PSYCHOLOGICAL NEEDS

- The nutrition centers also serve as locations for social activities. There are opportunities for personal interaction and the development of creative interests. These centers address socialization and isolation concerns.
- The City of San Antonio through its Elderly Services Division also sponsors social activities for Seniors throughout the city (e.g. a yearly pageant for seniors where a king and queen are selected; and a dance is held for entertainment)

TRANSPORTATION

- The biggest problem with seniors accessing services is transportation. Seniors need transportation to activities, nutrition sites and to take care of personal business (e.g. doctor's appointments, grocery shopping etc.) The problem exists due to the lack of qualified drivers for the vans that are available.
- The City of San Antonio's Elderly Services Division has access to 24 vans but not enough drivers to meet the needs due to lack of funding for salaries. Drivers would not have to be city employees.
- Vans that are appropriate for use with this target population cost \$41,000 each. The state provided the City of San Antonio with only \$180,000 in 1997 for van costs and maintenance.
- Christian Senior Services has a fleet of 13 vans used primarily for the Meals on Wheels Program. These vans are equipped with heating units to meet health and safety regulations.

HOW TO IMPLEMENT SYSTEMIC CHANGE

- Develop strong linkages between medical service providers; services are not accessible
 - (1) provide home doctor's visits
 - (2) include dental care in medical services
 - (3) reduce fears regarding medical care
- Change policies regarding eligibility for Medicare; presently if a person receives more than \$1500 in monthly income they are not eligible
- Strengthen the service delivery system
- Provide affordable resources for medications

ISSUES AND NEEDS

- Area agency representatives concur that there are several social and psychological concerns with regard to the needs of the elderly
 - (1) the rapid growth of this target population
 - (2) no family or small family social support
 - (3) social isolation
- Locally, the lack of funding for the following services is also an issue.
 - (1) transportation and maintenance of accessible vehicles
 - (2) nutrition
 - (3) health services
 - (4) safety

- Need for development of continuum of care
- Coordination of services
 - (1) coordination of volunteers to assist in meeting practical needs such as: Yard work, home repairs, respite care, legal and financial matters (money management, living trusts, wills, power of attorney's etc.)
 - (2) development of partnerships to address crime against the elderly
 - (3) development of neighborhood initiatives which can utilize seniors skills (e.g. as mentors to families and children)

STATISTICS

(Source: Report on the Older Population in Bexar County/AACOG Data Center)

- In 1990, there were 160,298 persons older than 60 years old in Bexar County representing 13.5% of the Bexar County population
- In Bexar County in 1990, there was a ratio of 140 women over 60 years old to 100 men over the age of 60 (93,541 women and 66,757 men)
- The older population will continue to grow; the most rapid increase is expected between the years of 2010 and 2030 when "baby boomers" will reach age 60
- By 2030, there will be about 400,000 older persons in Bexar County, more than four times their number in 1990; people 60+ are projected to represent 13.7% of the population in the year 2000 but will be 24.3% by 2030
- Minority populations are projected to represent 60% of the elderly population by 2030

ATTACHMENTS

- Brochures for Guardianship Services; City of San Antonio elderly & Disabled Services Division
- List of Nutrition Program sites
- Report: Older Population in Bexar County