



**Network of Senior Services
Funded By**

**Sonoma County
Area Agency on Aging**

Adult Day Care Programs offer needed care for frail elderly in a supervised, protective setting during the day. Services include social and recreational activities, training that is essential for sustaining the activities of daily living, and a hot lunch. Services are provided in a licensed facility. Some programs provide services specific to health conditions as in the case of persons with Alzheimer's disease.

Senior Centers serve as a focal point for older adults in the community, offering a wide variety of services, programs and classes.

Case Management provides support to seniors and their caregivers, enabling seniors to maintain their maximum level of independence. Services include assessment of needs, coordination of needed services and monitoring and follow-up to determine the effectiveness of the services provided.

Health Promotion Programs provide services to maintain or improve the physical, mental, and nutritional health of older persons. Services include home modification, health screening, and caregiver training and support.

Health Insurance Counseling and Advocacy Program (HICAP) offers information, community education, counseling and advocacy on Medicare and related health care insurance coverage by trained staff and volunteers.

Information and Assistance provides seniors, their families and caregivers with information on community services and programs that help solve the problems faced by older adults.

Ombudsman Program investigates and resolves complaints made by, or on behalf of, residents in long-term care facilities.

Caregiver Support Services includes respite and support for caregivers providing care to family members age 60 and older.

Senior Dining Sites provide hot meals to seniors through a network of sites throughout Sonoma County.

Home Delivered Meals, also known as Meals on Wheels, provides homebound elderly a hot meal at least five days a week.

Brown Bag Program distributes groceries to low income seniors twice a month at designated sites.

Legal Assistance Program offers seniors vital information and education on issues related to eviction, Social Security, Medi-Cal and Medicare payments, durable power of attorney and restraining orders for their protection.

Foster Grandparent / Senior Companion Program provide volunteer opportunities for low-income persons 60 years of age and older. Volunteers receive a stipend and serve 20 hours per week. Foster Grandparents provide support to children with exceptional or special needs in health, education, welfare or related settings. Senior Companions provide support to adults 60 years and older with special needs to enable the individual to remain in their home.

**Services Provided Directly to
the Community by AAA**

Elder Abuse Prevention Council (EAPC) is a project of the AAA which includes education, training and court advocacy to increase awareness, promote prevention strategies and reduce the incidence of elder abuse in Sonoma County. The EAPC is comprised of concerned citizens, service providers, local and state government representatives, professionals in the legal and health care field and law enforcement personnel interested or involved in elder abuse prevention issues.

Linkages Program provides case management and information and assistance services to functionally impaired adults 18 years and older in order to prevent or delay premature or inappropriate institutionalization. The Linkages Program is designed to offer assistance to those individuals who would not normally be eligible for other case management services due to age, income and disability criteria.

Multipurpose Senior Services Program (MSSP) coordinates a wide variety of services to help adults age 65 and older remain at home. Participants must be Medi-Cal eligible and in frail health or at risk of going to a nursing home.

Get Involved

The Area Agency on Aging is comprised of groups, organizations and individuals who volunteer their time to help advocate, care for and improve the quality of life for a growing population of seniors, adults with disabilities and caregivers in our community. There are many ways you can volunteer to make a difference in the lives of people in your neighborhood. Please call us to find out how you can help.

Area Agency on Aging
(707) 565-5950 or (800) 510-2020

Publications available from the Sonoma County Area Agency on Aging

Senior Resource Guide
Area on Aging Annual Report
Area on Aging Area Plan 2001-05
Senior Housing Guide
Hiring an In-Home Caregiver
Elder Abuse Prevention Council Brochure

Sonoma County Area Agency on Aging

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A Program of



Human Services Department
COUNTY OF SONOMA



Sonoma County Area Agency on Aging

Promoting the dignity, independence and quality of life for seniors and adults with disabilities

Area Agency on Aging

The Area Agency on Aging (AAA) is responsible for policy, planning, funding and advocacy to address the needs of seniors and adults with disabilities. The AAA was created by the Older Americans Act mandating local leadership and advocacy to accomplish state and federal program goals within the guidelines of the California Department of Aging.

Through the efforts of concerned seniors and community members who participate on a twenty-one member advisory council and agency staff, the following local goals have been established for the AAA:

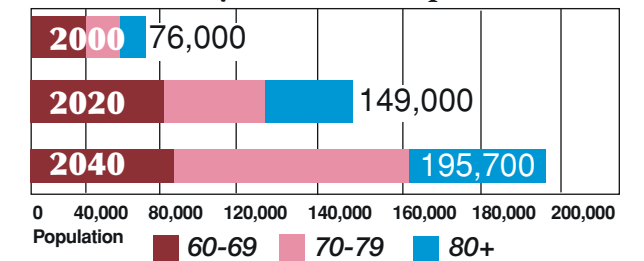
- Improve the awareness of services available for older adults and adults with disabilities through community education and outreach.
- Provide leadership to increase access to an effective system of home and community based services for seniors and adults with disabilities.
- Participate in collaborative efforts to address unmet needs of older adults and adults with disabilities.
- Through collaborative efforts, develop and implement a comprehensive system of support services for family caregivers.

Sonoma County Perspective

In 2000, one in every seven Californians was 60 years of age or older. In Sonoma County, one in every six persons was 60 years of age or older.

Between 2000 and 2040, the population of persons aged 85 and older in Sonoma County is projected to increase 254%, from 8,468 to 29,974. This rate of growth will exceed all other age groups due to greater life expectancy, decreased mortality and lower birthrate.

Sonoma County Older Adult Population



These dramatic population changes mean that it is crucial to plan ahead for the impact this wave of seniors will have on the overall service requirements of our community.

Advocacy

The AAA Advisory Council advocates for services and funding for seniors and adults with disabilities.

The AAA's Legislative Committee reviews legislation and meets with local legislators to advocate for home and community based services.

Please call (707) 565-5950 to request more information or to attend either of these monthly meetings.

