STATE OF THE AGENCY 2015-2016









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THE PROGRAMS AND SERVICES COORDINATED THROUGH PCA TOUCH THE LIVES OF MORE THAN 100,000 PEOPLE A YEAR.

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A LETTER FROM PRESIDENT AND CEO HOLLY LANGE



Philadelphia Corporation for Aging (PCA) is strongly committed to its mission: "To improve the quality of life for older Philadelphians and people with disabilities, and to assist them in achieving their maximum level of health, independence and productivity."

This report offers a snapshot in time, one year's accomplishments out of the 43 years since PCA was founded. Over the years, as our understanding of the needs has grown, we have expanded our capacity and developed a broad array of services and

programs in service of our mission. As we look back on the past year, we are also planning for the future.

At this time, Area Agencies on Aging (AAA) across Pennsylvania, including PCA, face significant changes. These are statewide changes which have the potential to impact service delivery.

The first change is in the process which determines an individual's eligibility for long-term care services and assistance. The Commonwealth will contract with just one organization to administer a clinical eligibility determination (formerly an assessment). P4A created the nonprofit organization Aging Well, LLC to serve in this capacity. In Philadelphia, Aging Well will contract with PCA to continue providing this service, so the transition will be seamless for those we serve.

The second, and more significant change, is taking place in the way in-home care is managed for Medicare-and Medicaid-eligible (dual eligible) individuals. The Commonwealth is implementing Community Health Choices (CHC) which will shift responsibility for service coordination from AAAs, like PCA, to Managed Care Organizations (MCOs). PCA has initiated negotiations to contract with the MCOs which will be serving our region, so we can continue providing service coordination in Philadelphia for the 12,000 Aging Waiver participants we currently serve, and perhaps for others. Again, it is our goal to ensure that older Philadelphians are well cared-for, in fulfillment of our mission. The CHC program will be implemented in the Southeastern Pennsylvania region, which includes Philadelphia, in January 2018.

Although the services described above comprise a significant portion of the work PCA does, there are many other programs and services that we provide or fund. Senior Community Centers, transportation, home modifications, legal services, employment and volunteer programs, caregiver support, and benefits counseling funded by the Pennsylvania Lottery will continue to be maintained.

Our mission will not change, and we will continue to adapt and find new ways of developing resources and delivering services, as the funding and regulatory climate present us with new challenges.

Holly Lange

President and CEO, Philadelphia Corporation for Aging

GOVERNANCE OUR MISSION

PCA is governed by its Board of Directors, which directs the development and administration of PCA programs; the Area Plan for Aging Services; and the annual budget. An Advisory Council provides input to the Board and acts as an advocate for older persons.

PHILADELPHIA CORPORATION FOR AGING **BOARD OF DIRECTORS FOR 2015 - 2016**

Pictured to the right:

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To improve the quality of life for older and disabled Philadelphians, and to assist them in achieving the greatest possible levels of health, independence and productivity.



Founded in 1973, Philadelphia Corporation for Aging (PCA) is the fourth largest in a nationwide network of 622 Area Agencies on Aging (AAA), and the largest in Pennsylvania. Brought into being by the federal Older Americans Act, these AAAs are mandated to "facilitate the area-wide development and implementation of a comprehensive, coordinated system for providing long-term care in home- and community-based settings, in a manner responsive to the needs and preferences of older individuals and their family caregivers."

In service of our mission, Philadelphia Corporation for Aging coordinates a broad range of services that help older Philadelphians live as independently as possible. Some services are provided directly by PCA; others are funded through PCA and provided by other organizations in the community.

Business Administration screens, orients, Program Management oversees contracts for assists and monitors PCA's contracts with long-term care service providers and home repair contractors, Senior Community Centers, home-delivered and processing applications and monitoring and evaluating providers to ensure the delivery of quality services. The Department also provides ongoing technical assistance around contract and service delivery issues, as well as billing support when claim payment problems arise.

community-based programs and services, including congregate meals, legal services, transportation, health insurance counseling, volunteer and employment programs.

PCA contracted with close to 200 service providers and vendors in fiscal year 2015 (FY15).

ACCESS TO INFORMATION AND SERVICES

The PCA Helpline, 215-765-9040, is the one number for older Philadelphians and those who care for them to call, when they are looking for services or information. The Helpline receives about 500 calls a day. There are 23 Intake Specialists working in PCA's Helpline, waiting to take those calls. About 100 callers each week are scheduled for an assessment for PCA's services. Helpline staff also schedule Attendant Transportation Service rides; create reports of need for protective services; enter intakes for home repairs; and administer the Emergency Fund.

To serve non-English-speaking seniors and their caregivers, the Helpline staff includes individuals fluent in Spanish and Russian; and the PCA Helpline maintains dedicated phone lines in the following languages:

Chinese: 215-399-4944 Korean: 215-399-4941 Khmer: 215-399-4940 Gujerati: 215-300-4943 Vietnamese: 215-399-4942

There is a dedicated line for hearing-impaired consumers: (TDD) 215-765-9041; and a toll-free number for callers from outside Philadelphia: 888-482-9060.

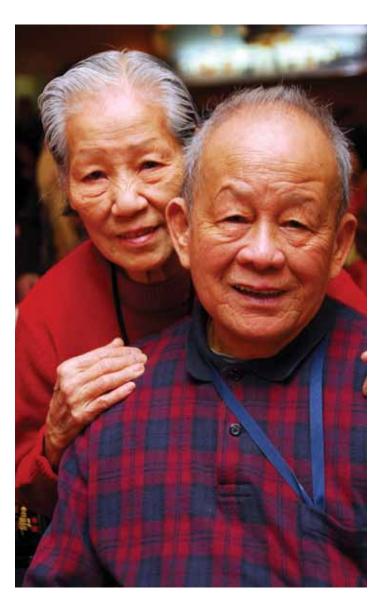
When the National Weather Service declares an "Excessive Heat Warning," the Helpline becomes the city's Heatline. The Helpline call center stays open until midnight, and on weekends, during a Heatline. Staff from many departments volunteer, and are trained to work the Heatline. Nurses from the Philadelphia Health Department come to PCA and handle calls that are determined to need further evaluation or action.

In FY15, the Helpline answered 130,000 calls, providing information, scheduling assessments, and sconnecting callers with programs and services.

PCA's newly designed website,

www.pcaCares.org, includes access to information about more than 1,200 senior-serving organizations; a Service Needs Checklist that helps seniors or caregivers determine their needs, and what help is available; and an online referral form so both professionals and individuals can request assistance, and receive a call within the next business day. The website features automated translation into 16 languages.

In FY15, 4,964 referrals were received through the website, www.pcaCares.org.



PCA services enable more than 23,000 seniors to remain in their homes, in the community, rather than moving to an institutional setting.



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LONG TERM CARE ASSESSMENT (LTCA)

When a person is referred to PCA for services, an Assessment Worker is assigned to visit the home.

The assessment determines eligibility for services based on the individual's clinical status and needs, and financial resources.

Each of the 91 Assessment Workers on PCA's staff completes 6 to 12 assessments per week.

LTCA conducted more than 35,000 level of care and needs assessments in FY15.

LONG TERM CARE OPTIONS (LTCO)

When a person has been determined to be eligible for services, a Service Coordinator is assigned, and a Care Plan is created. There are 237 Service Coordinators on PCA's staff. Each of them is responsible for 60 to 80 cases. Long Term Care (LTC) Service Coordinators arrange for eligible consumers to receive some or all of these Long Term Care services:

Adult Daily Living Services • Community Transition Services • Companion Services • Counseling Services • Home Modifications • Financial Management Services • Home-delivered Meals • Home Health Services • Home Support Services • Non-medical Transportation Services • Participant-directed Goods and Services • Participant-directed Community Supports • Personal Assistance Services • Personal Care Services • Personal Emergency Response System • Respite Services • Specialized Medical Equipment & Supplies • Telecare

In FY15, 18,700 older Philadelphians received service coordination through Pennsylvania's Aging Waiver funded through the Department of Human Services; and Pennsylvania's OPTIONS program funded by the Pennsylvania Lottery.

The In-Home Support Program (IHSP) is a short-term solution for people who need extra help due to a temporary setback, such as surgery, an injury or serious medical condition, which has impaired their independence. Services can include shopping, housekeeping, home-delivered meals, transportation and other in-home care. IHSP is administered by five organizations, in the following sections of the city:

- North central: North City Congress
- Northeast: KleinLife
- Northwest: Center in the Park
- · West: Lutheran Children and Family Service
- South: Catholic Health Care Services, St. Charles
 Senior Community Center

In FY15, 3,400 seniors received assistance through the In-Home Support Program.

Nursing Home Transition (NHT) can help seniors return to community living. Loss of mobility due to a broken hip or a stroke may lead to needing help with basic activities, such as dressing, bathing and caring for oneself. But in many cases, with the right kinds of services and care planning, it's possible for the individual to move from a nursing home back into the community. NHT staff locates and establishes housing; coordinates services; and helps the person reclaim independence, and return to community living.

Through Nursing Home Transition, 60 individuals were assisted in returning to the community in FV15



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Domiciliary or "Dom" Care provides caring 'foster' homes for adults who cannot live on their own, but who wish to live as independently as possible. Residents are matched carefully with providers, who are screened and trained before placements are made. Dom Care providers offer a warm and encouraging family environment, and assist residents with their daily needs, including food, laundry, personal hygiene and medication administration. Some individuals have lived in the same home for more than 20 years.

There were 174 people living in 159 Dom Care homes in FY15. During the year, 13 new homes were certified.

Veteran Directed Home- and Community-based Services (VDHCBS) provide needed support for those who served in the Armed Forces, through a partnership between the Veterans Administration Medical Center and Area Agencies on Aging in Southeastern Pennsylvania, led by PCA.

Twenty veterans, ranging in age from 42 to 93, received services through VDHCBS in FY 15

The Community-based Care Transitions

Program was a collaboration between PCA and Einstein Medical Center and Temple University Hospital, through an agreement with the Centers for Medicare and Medicaid Services. Follow-up care and monitoring after discharge from the hospital was aimed at reducing the need for patients to be readmitted.

During FY15, 2,429 patients were served in the Community-based Care Transitions Program. A 39% reduction in 30-day re-admissions was achieved.



families, friends, neighbors and domestic partners who are caring for their loved ones at home. More than half of caregivers for older adults are age 50-plus, and the stress of caregiving can lead them to neglect their own health. PCA's Caregiver Support Program links caregivers to education and services that facilitate self-care and skill-building and provide much-needed support. Assistance can also include care management; benefits counseling; home adaptations and assistive devices; caregiver education and training; reimbursement for caregiving supplies and services; and respite care. Families served include those who are caring for an older person; and individuals age 55 or older who are raising a child age 18 or younger, or who are caring for an adult with a disability or who has chronic dementia.

The Caregiver Support Program provided assistance to 1,112 caregivers and families in FY15.

Adult Day Centers enable many caregivers to work at a job outside the home, or to take a break from the demands of providing care, knowing that their loved one is in good hands. Adult Day Centers are non-residential facilities, licensed by the Pennsylvania Department of Aging, that provide a protective environment for individuals who cannot remain safely at home alone. Personal care, nursing services, social services, therapeutic activities and nutrition are provided. Some centers also offer physical, occupational and speech therapy, and medical services.

PCA provided funds for 2,127 older adults and individuals with disabilities to attend 37 Adult Day Centers in FY15.

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PROTECTING THE MOST VULNERABLE

Ombudsmen give those living in long-term care The Emergency Fund for Older settings a voice in their own care. Often, these individuals are unable or unwilling to advocate for themselves. Sixty percent of those in long-term care facilities do not have family or friends who visit. Ombudsman staff and volunteers advocate for and visit residents in long-term care facilities; inform them of their rights; and investigate complaints. PCA contracts with two organizations to provide these services:

- Center for Advocacy for the Rights and Interests of the Elderly (CARIE)
- Center in the Park

In FY15, Ombudsmen covered 322 facilities with a total of 14,324 beds. There were 1273 facility visits completed. Ombudsmen received 275 complaints about long-term care facilities, and provided information and consultation to 987 individuals and providers.

PCA's Older Adult Protective Services

(OAPS) Department investigates reports of suspected abuse, neglect and financial exploitation. Abuse of older adults is one of the most under-recognized and underreported social problems in the United States. Abusers are often caregivers, family members or others upon whom the senior is dependent. They may be the senior's only source of support, making the victim unwilling or unable to seek help. Other older adults may be too embarrassed, intimidated or confused to get the assistance they need.

Anyone can make a report, 24/7, by calling the PCA Helpline at 215-765-9040.

In FY15, PCA received 3,262 OAPS reports of suspected abuse, neglect and financial exploitation of senior citizens and 689 reports for individuals ages 18-59. The requests for those under 60 are referred to another agency designated by the state.

Philadelphians provides crisis assistance to adults age 60 and older, whose incomes are within 175% of poverty, and who have exhausted all other resources. Administered by PCA, the fund is guided and supported by a coalition of more than 20 other community-based organizations.

In FY15, 1.768 senior households received \$215,788 in assistance through the Emergency Fund. Of that, 67% was for home heating oil and utilities; 19% was for general needs, including medical expenses, and 14% was for food.







ability to live at home and remain independent. Through PCA's Senior Housing Assistance Repair Program (SHARP), modifications can be made to help make a home safer and more accessible, including grab bars, tub seats, intercom systems, and stair railings. Other Housing Services (OHS) supports the Waiver, Options and Caregiver Support Programs, providing bath or shower modifications, and installation of interior and exterior stair glides, wheel chair lifts, half bathrooms, window air conditioners and wrought iron rails.

Through SHARP, 638 jobs were completed in FY15. Of those, 26 were done on a cost-sharing basis for individuals who did not qualify for services at no cost. Another 524 jobs were completed under OHS. PCA also provided services to 112 individuals under contract with health providers.

In FY15, additional funds became available on a one-time basis, enabling the Housing Department to serve another 170 homeowners with repairs to roofs, electrical work, modification of bathrooms and kitchens, major plumbing, hot water heaters, wrought iron rails and windows.

organization.

NUTRITION

Good nutrition is an essential foundation for good health. PCA nutrition programs meet seniors where they are.

In the home:

For the homebound seniors we serve, that means we bring Through the Senior Farmers' Market Nutrition Program, the meals to them. Based on the individual's needs and funded through the U.S. Department of Agriculture and available resources, each week PCA's Meal Distribution the Pennsylvania Department of Agriculture, PCA and the Center staff packs and delivers a set of frozen meals, or senior center network distribute vouchers redeemable a daily hot meal and a sandwich pack for the weekend. for \$20 worth of produce grown in Pennsylvania. This PCA also supports seven volunteer-based home-delivered program both increases seniors' access to fresh produce meal programs that provide meals to seniors who are not eligible for PCA services.

In FY15, 6,140 older Philadelphians received 1.5 Philadelphians in FY15. million home-delivered meals.

In the community:

For more active seniors, having a meal with others provides both nutrition and a social connection. Five days a week, seniors know they can count on having a healthy, nutritious lunch at one of the many senior centers located in neighborhoods throughout the city.

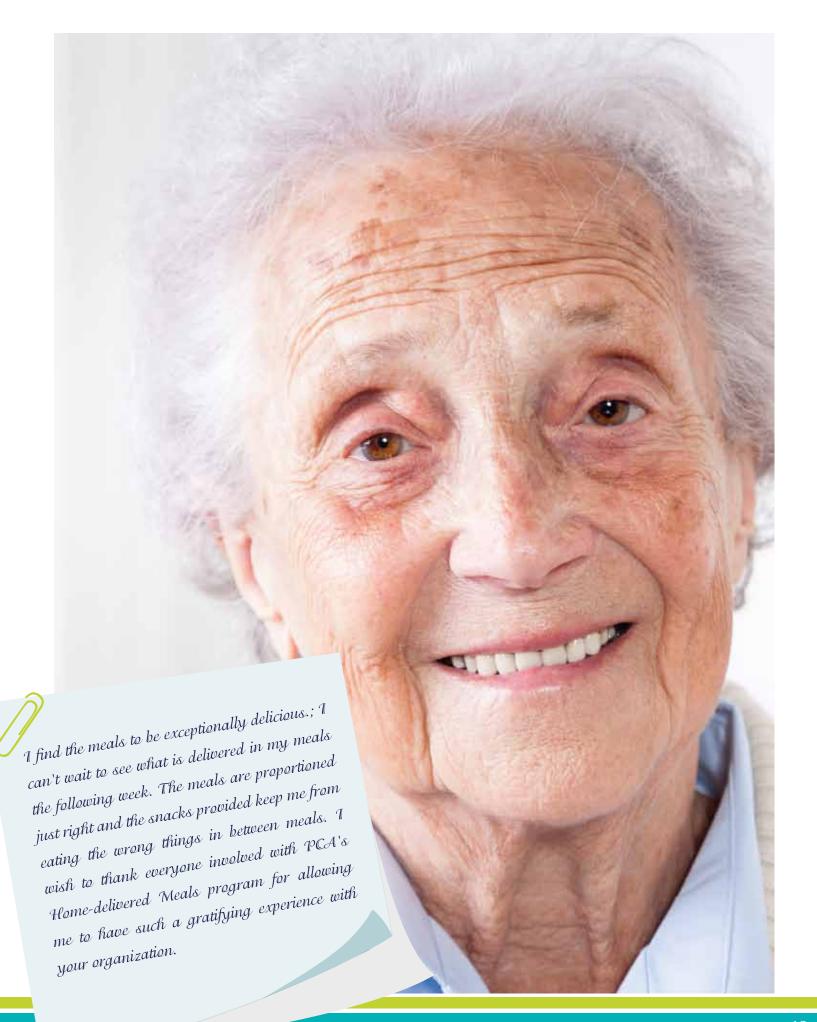
In FY15, 22 Senior Community Centers and 9 satellite meal sites supported by PCA served 517,304 meals to participants.



At the market:

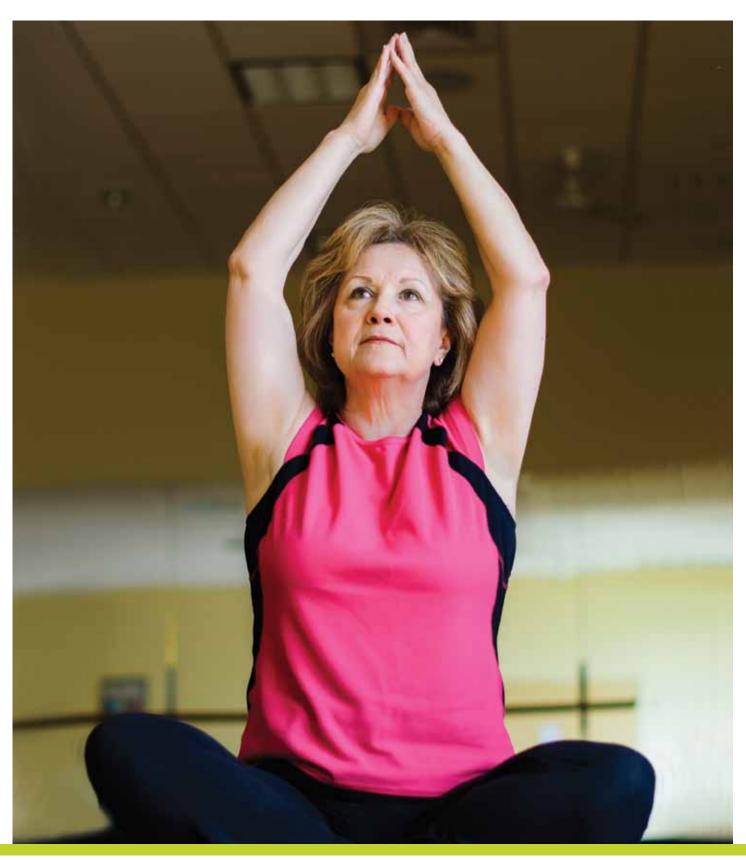
and supports Pennsylvania farmers.

Produce vouchers were distributed to 35,731 older



IMPROVING QUALITY OF LIFE

Social connections, meaningful activities and access to information and resources, are essential elements for well-being throughout the life span.



Senior Community Centers are a lifeline for older Philadelphians, providing a broad range of services, programs and information. All across the city, senior citizens gather at centers to participate in exercise classes, learn how to use an iPad or computer, take up a new language, pursue an interest in art, or just get together with others for a friendly game of cards or billiards.

Help with benefits and entitlements, health screenings, social services, counseling and referrals to other services provide important supports.

Five days a week, a nutritious and tasty lunch is served at 31 centers in neighborhoods throughout the city; for many seniors, it is the heartiest meal of the day.

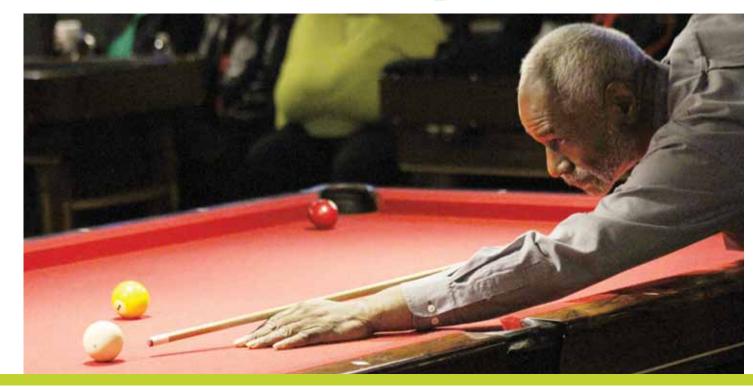
PCA administers two of the centers: PCA's Southwest Senior Center and PCA's Older Adult Sunshine Center.

In FY15, PCA provided support for 22 Senior Community Centers and 9 satellite meal sites. Throughout the year, close to 20,000 seniors participated in programs and received services at these centers. Seniors received 907 hours of behavioral health services through senior centers, including evaluation and individual therapy sessions, seminars and support groups.

PrimeTime Health provides evidence-based programs that give seniors information, skill-buiding and screenings to help reduce their risk of disability and illness and to help them manage chronic illnesses. Programs take place at senior centers, senior housing facilities, faith-based centers and other community locations.

In FY15, 26,590 older adults were served through health promotion programs.

My husband passed away and I was at home
My husband passed away and I was at home
alone getting depressed. Now, I come here, I
alone getting depressed depressed. Now, I come here, I
alone getting depressed depressed



Employment programs help older workers who are facing the challenges of finding or changing jobs, and deciding how long to work. PCA provides funding for two employment programs:

- JEVS Career Solutions for 55+ offers a workshop series; access to a Computer Resource Center; access to job leads; instruction on using the internet in a job search; resumé assistance; interview preparation; and employment In FY15, 85 Senior Companions provided 58,555 seminars.
- Mayor's Commission on Aging job development provides employment and job search training to seniors 55 and older, and places applicants in subsidized employment 20 hours per week in nonprofit and public agencies to acquire valuable skills and work experience.

In FY15, 3,508 Philadelphians age 55-plus were assisted with job-related services.

Senior Companions are volunteers who are matched with homebound individuals in need of companionship and some assistance. PCA administers the Senior Companion Program which is funded by the federal Corporation for National and Community Service. Through the program, low-income senior volunteers receive a small stipend in return for their service.

volunteer hours to 175 individuals.

Legal Services are provided through subcontracts with three agencies that help seniors with legal issues and concerns, such as wills, benefits, taxes, and landlordtenant disputes:

- · Community Legal Services, Aging and Disabilities Unit
- SeniorLAW Center
- Temple Elderly Law Project

In FY15, 4,378 older Philadelphians received 15,805 hours of legal services.

Transportation is essential to maintaining independence. It can become challenging as individuals age and are either unable to drive, or cannot afford a car.

PCA contracts with SEPTA for CCT Connect Shared Ride and the ADA Paratransit Program. These programs serve senior citizens and individuals with disabilities who are unable to take fixed-route transportation.

In FY15, Shared Ride provided 392,462 one-way rides for 4,200 individuals.

Transportation for those with greater needs: PCA's Attendant Transportation Service (ATS) serves people who need door-through-door and upper floor assistance to get to a vehicle. Reservations are made through the Helpline.

The Medical Assistance Transportation Program, administered by LogistiCare, serves people who receive Medical Assistance.

In FY15, ATS provided 64,626 door-through-door transfers and upper floor assistance to 344 individuals.

APPRISE is Pennsylvania's State Health Insurance Program, which provides individual counseling for anyone age 60 or older about Medicare and help available for paying premiums; Medicaid; PACE; PACENET; veteran's benefits; and drug manufacturer's assistance programs. PCA contracts with three agencies to provide these

- Albert Einstein Medical Center's Premier Years Program
- Mayor's Commission on Aging
- Center for Advocacy for the Rights and Interests of the Elderly (CARIE)

In FY15 7,470 older adults and adults with disabilities received APPRISE counseling.



PLANNING AND DEVELOPMENT

Community Relations has forged alliances with Philadelphia's diverse ethnic populations and faith communities, building awareness among trusted leaders who are best able to communicate information about services to their constituents. Throughout the year, outreach and information events are held in conjunction with the Clergy-Aging Interfaith Coalition; Asian Advisory Committee; Latino Advisory Committee; and Information and Referral Council. Currently, Community Relations is forming a collaborative to better address the needs of the growing community of African-Caribbean immigrants.

Community Relations also oversees an outreach program that responds to requests for participation in community health fairs and events.

In FY15, PCA's Community Outreach Program provided information to 27,787 people at 378 neighborhood events, health fairs and community festivals.

PCA's Legislative Liaison meets with city, state and federal elected officials on a regular basis to keep them informed about programs and services available to older adults. In addition, PCA develops policy statements and presents testimony on issues of concern to older adults, including local utility rate increases, senior taxation, transportation benefits for seniors, accessibility, and housing.

In FY15, outreaches were made at 44 community events hosted by legislators; and individual visits were made to each of the 59 offices of city, state and federal elected officials for Philadelphia.

The Planning Department builds awareness of services and knowledge about aging issues among both professionals in the Aging Network and the general public, and undertakes fundraising.

Fundraising initiatives support the Emergency Fund for Older Philadelphians and the Philadelphia Fund for Seniors.

Training and conferences provide professionals with opportunities to develop their knowledge and skills.

These special events throughout the year offer seniors creative, educational and recreational opportunities:

- Celebrate Arts & Aging
- The Senior Strut: A Health Event in the Park
- Senior Education Day

The monthly *Milestones Newspaper*, two electronic newsletters and the website, www.pcaCares.org, provide a wide range of information for seniors, caregivers and professionals.

Research provides information for both PCA and the larger community that helps with analysis, planning service delivery and community development initiatives.

The four-year Area Plan for Aging Services serves as a blueprint for continued development and implementation of a comprehensive, coordinated system for providing long-term care in home and community-based settings.

To read or download PCA publications, visit www.pcaCares.org/what-we-do





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Financial Summary by Program. Year ended June 30, 2015

5.18	2015
Public support: Federal, state and city grants Local contributions	71,355,776 69,579
Revenue: In-kind contributions Client revenues Service coordination revenue Foundation and other revenue Interest income	117,667 912,768 17,549,716 7,666,187 29,992
Total public support and revenue:	97,701,685
Adult day care Aging and Disabilities Resource Center Assessments Attendant Transportation Service Congregate meals Consumer reimbursement Counseling Discretionary services Domiciliary care Employment Environmental modifications Guardianship Home-delivered meals Home health Home support In-home support Information and assistance Legal Medical equipment & supplies Ombudsman Overnight shelter Passenger transportation Personal assistance Personal care Professional evaluations Protective services Senior community center services	501,255 139,652 10,231,307 1,089,519 5,647,887 2,308,830 4,680 526,738 699,836 1,210,287 3,868,535 481,194 7,382,438 350,370 2,365,645 4,598,910 428,329 427,839 561,984 2,060 2,497,969 3,570,425 9,394,368 104,640 3,136,297 5,528,045
Senior companion Service coordination	383,102 21,691,176
Volunteer services	14,772
Subtotal:	89,148,089
Administration	8,642,602
Total expenses:	97,790,691

Funding for PCA comes from the Older Americans Act and the Pennsylvania Lottery, through the Pennsylvania Department of Aging; from Medical Assistance, through the Department of Human Services; and, increasingly, from grants and donations.

In 2014, PCA created the Philadelphia Fund for Seniors to supplement state and federal funds, which have not kept pace with needs; and to provide a firm foundation for continuation of the care and support we provide older Philadelphians.

Grants

Grants are received primarily through: Pennsylvania Department of Aging - Pennsylvania Department of Human Services - The Corporation for National Service - U.S. Department of Agriculture - U.S. Department of Health & Human Services - U.S. Department of Housing & Urban Development - U.S. Department of Labor -Philadelphia Office of Behavioral Health and Mental Retardation

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PCA is pleased to acknowledge the individuals, foundations and companies that made contributions from

January 1, 2015 through Dece	mber 31, 2015. Every effort was made to e	nsure proper recognition ot each donor
\$50,000 and above		
Health Partners Plans	Independence Blue Cross	CIGNA HealthSpring
	JEVS at Home	Citrin Cooperman
\$25,000 - \$49,999	PECO	Mark Cornfeld

PurFoods, LLC Always Best Care Senior Services Put Your Money Where Your Mouth Is SarahCare Home Health & Hospice Fund of the Philadelphia Foundation

\$10,000 - \$24,999	Vital Support Home
Michael Beaumont	Health Care Agency, Inc.
General Contractor LLC	Western Association of Ladies for the
MKM Foundation	Relief and Employment of the Poor

Relief and Employment of the Poor	Katherine E. Gallu
	Germantown Hom
\$1,000 - \$4,999	Granny's Helping I
Abramson Center for Jewish Life	David & Linda Gue
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Ballard Spahr LLP	Mary P. Hughes

	Addus Healificare, Inc.
\$5,000 - \$9,999	Ballard Spahr LLP
Aurora Home Care, Inc.	Bath Fitter
Better Home Care, LLC	Judee Bavaria
BTC Foods, Inc.	BAYADA Home Health Care
Gateway Health Plan	The Becket Family Foundation
Homemaker Service of	Bodell Bove LLC
the Metropolitan Area Inc	Catholic Health Care Services

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