



UPCAP/U.P. Area Agency on Aging 2021 Annual Implementation Plan Summary

The 2021 Annual Implementation Plan for Older Adults in the Upper Peninsula is a continuation of the 2020-2022 Multi-Year Plan that was approved by the MI Commission on Services to the Aging last year. The 2021 Annual Implementation Plan (AIP) will take effect October 1, 2020, pending approval. The following describes the main points/objectives of the 2021 AIP.

Program Development Goals

- Existing UP Area Agency on Aging Multi-Year Goals that will continue into FY 2021:
 - Help older adults maintain their health and independence at home and in their community.
 - Provide consumers with options and assistance in obtaining self-directed community-based care when facing the need for long term supports and services
 - Ensure adequate community services are available to those who need them to enable them to remain in their own homes for as long as they choose
 - Enhance caregiver efficacy by providing improved access to information, support, and resources
 - Identify housing needs on a county-by-county basis and where applicable, provide help in addressing those identified needs
 - Protect older adults from abuse, neglect, and exploitation
 - Increase community awareness and understanding of elder abuse, neglect, and financial exploitation across the region
 - Assure visibility and access of the Long-Term Care Ombudsman
 - Increase community awareness and understanding of Medicare & Medicaid fraud and abuse across the region
- NEW Annual Plan Goal & Objective
 - Improve the accessibility of services to Michigan's communities and people of color, immigrants, and LGBTQ+ individuals
 - Ensure that UPAAA staff and its partners are trained in diversity
 - Ensure that all programming is culturally sensitive and welcoming to all

COVID Response and Recovery Efforts

- U.P. Area Agency on Aging Operations
 - Remains open & fully functioning; offices temporarily closed to the public except by appointment
 - Office staff provided the option to work remotely from home
 - Continuous open communication with state offices, public health agencies and our provider network to ensure life-essential programs and services continue for those most in need, as safely as possible
 - Developed an action plan to prepare for re-entry into the workplace, including additional training, to ensure employee safety for now and into the future.

- Nutrition
 - Working with nutrition providers to provide curbside service at congregate meal sites and additional hot, frozen and shelf-stable meals to anyone age 60 and over who needs them
 - Working with the MI Aging & Adult Services Agency (AASA) and to distribute shelf-stable Quarantine boxes and Farmer to Table Produce boxes throughout the U.P. to older adults
 - Working with U.P. Nutrition providers to plan next steps for the gradual re-opening of congregate nutrition sites

- In-Home & Community Services
 - Assisted in obtaining appropriate Personal Protection Equipment to distribute to UPCAP care managers and provider agencies for in-home workers who needed this to remain working in older adults' homes
 - Encouraged partner agencies to continue essential in-home services such as personal care and grocery shopping to older adults who have no family or other support network to assist them during the pandemic
 - Advocated for, promoted, and assisted in providing 'premium' pay to all in-home workers who continue to work throughout the pandemic to serve our most vulnerable population
 - Requested and received waivers from AASA to pay our partner agencies to make Friendly Reassurance calls to older adults whose services were reduced or stopped during the pandemic; also, to allow Adult Day Care Centers to make phone calls and create virtual or other programming to reach out to participants not able to come to the centers because of closures
 - MMAP services continue to be provided via telephone and virtual meetings

- Health & Wellness
 - Developed and implement a region-wide survey to determine interest and capability of older adults to access virtual programs and workshops

- Researched on-line programs and ideas to plan for alternate ways to provide health and wellness programs
- Setting up a variety of programs to promote health and wellness via social media, webcasts, and interactive internet meetings
- Caregiver Support
 - Continued/expanded the Benjamin Rose Institute's Care Consultation program to support caregivers during this difficult time
 - Adapting programs like Powerful Tools for Caregivers and the Alzheimer's Disease Initiative-Specialized Supportive Project training in order to provide to the public via virtual means
 - Create a separate webpage specific to caregiver support and programming on the UPCAP website in order to provide more resources to caregivers throughout the region

The UPAAA will certainly face more challenges in the coming year - reduced budgets, modified service deliveries, and a potential uptick in service needs by older adults facing on-going pandemic-related issues. UPCAP will continue to research, adapt and pursue new ideas and funding sources in order to provide the most essential and meaningful services/programming to the older adults we serve throughout the Upper Peninsula.