



GCCAC

Garrett County Community Action Committee, Inc.

Maryland: Garrett County Senior Housing & Support

GCCAC President Duane Yoder
July 13, 2022

Agenda

Garrett County Community Action works with partners to build a stronger community and provide services that improve the quality of life for residents in Garrett County. The agency offers various services for individuals, families, and seniors.

- I. GCCAC OVERVIEW
- II. SENIOR HOUSING & SUPPORT SERVICES
- III. GARRETT NEIGHBORS

I. GCCAC Overview

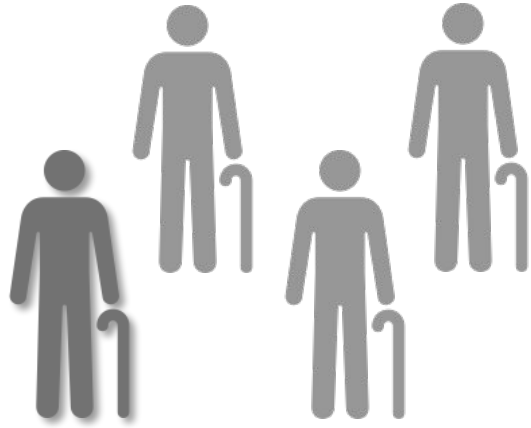
Serving Garrett County since 1965...

Over its more than 50-year history, **Garrett County Community Action Committee, Inc.** has administered various programs and services to residents of Garrett County. Located in rural central Appalachia in Western Maryland, Garrett County Community Action serves one out of four Garrett County residents and one in three households; GCCAC support provides opportunities to individuals, families, and seniors in several areas: **Aging & Nutrition, Asset Development, Child & Family Development, Economic & Community Development, Service Coordination, and Transportation.**

Garrett County Area Agency on Aging & Nutrition Services

Garrett County Area Agency on Aging & Nutrition Services, a department of GCCAC, directly provides an array of supportive services which benefit elderly and disabled persons of Garrett County. **The mission of the Area Agency on Aging & Nutrition is to plan, coordinate, and advocate for the development of a comprehensive service delivery system at the local level to meet the short and long-term needs of the Garrett County elderly and disabled population.**

Senior Population at a Glance



1 in 4

Garrett County's population of individuals 65 and older is **6,716**,

WHICH ACCOUNTS FOR

23.4% of Garrett County's total **POPULATION**

an estimated **40%** or more individuals 65 and older **SUFFER** from disabilities

7.7%
of seniors

live below the
**POVERTY
LEVEL**



Geographically, **Garrett County** is the second-largest county in Maryland.

GCCAC Overview Cont.

Garrett County Community Action's strategic plan identifies independent living and a desired quality of life as part of its mission and vision. Strategies and objectives focus on holistically using GCCAC resources and supports to assist elderly and disabled persons in daily activities necessary to sustain a desired quality of life.

Self-Assessment

A self-assessment is used to identify and track individual and household conditions. GCCAC utilizes a senior self-assessment scale to focus on how elderly and disabled persons assess and identify their living conditions across 6-12 dimensions. Additional information is collected by nurse professionals and home visitors.

- Cognitive Impairments
- Family Involvement
- Health Insurance
- Socialization
- Transportation, etc.

The assessment results become the basis of bundling services that best take advantage of opportunities or address needs identified by each elderly and disabled individual.

At a community level, the collective results enable Garrett County Community Action to address needs and implement strategies responding to self-assessed conditions.

1,000+

More than one thousand elderly and disabled persons' self-assessment results generate data points ranging from nutrition, social networks, cognitive impairments, transportation, and more.

II. Senior Housing & Support Services

Over time, Garrett County Community Action documented and experienced an increase in area elderly and disabled persons needing institutionalization due to limited daily functioning. **Elderly and disabled persons needed the resources to age in place and live independently.**

Senior Housing

In response, **GCCAC has assumed the role of an affordable housing provider**, resulting in the agency becoming the largest developer of affordable, safe, and attractive housing for low-income individuals, families, seniors, and disabled residents in Garrett County.

As developer and owner of accessible housing and the designated Area Agency on Aging, **GCCAC responded to the growing number of elderly and disabled persons aging in place in its units by creating an environment where residents gained access to supports that enabled them to carry out daily activities and live independently.** Creating an elderly and disabled housing community offered a means for bundling services such as home-delivered meals, in-home care, insurance counseling, transportation, and energy assistance in a more holistic way that is senior-centered and outcome-driven.

Senior Housing Locations

A Resident Planning Committee facilitates and coordinates resident-led initiatives and activities at each location. Additionally, all residents are encouraged to participate in community-based activities. The Meadows supports a service coordinator position in its operating budget.

Oakwood East
110 A Street
Mt. Lake Park



Underwood South
201 E Mason St.
Oakland



Liberty Square
10 Liberty Square Dr.
Oakland



Yough West
400 Glades Square
Oakland



Meadows at Mt. Lake
607 P St.
Mt. Lake Park



Senior Housing & Support Service Cont.

Garrett County Community Action provides elderly and disabled persons with services and general support. Many supports and services are offered at housing complexes and through the agency's senior centers and nutrition sites scattered throughout Garrett County.

Maryland Access Point

Maryland Access Point provides single-point entry for all programs and services for the elderly and persons with disabilities in Garrett County. Coordinators offer long-term and short-term care services, assistive living services, or information to plan for future needs. It bundles supports based on the senior's goals and aspirations. Maryland Access Point is committed to encouraging safety, health, independence, and personal choice for the adults they serve and those caring for them.

Senior Centers & Nutrition Sites

Area senior centers provide elderly and disabled persons with socialization, dining, health and fitness, educational presentations, and other programs. Senior centers offer excellent opportunities to enable participants to enhance their physical and emotional well-being, pursue personal growth, and access information. GCCAC encourages attendance through programming and transportation.

Senior Housing & Support Services Cont.

Meals on Wheels

Meals on Wheels provides homebound and nutritionally at-risk elderly and disabled persons with meals five days a week. Home-delivered meal participants receive a daily well-check and annual health assessment by a registered nurse, which includes blood pressure screening, height and weight, nutrition assessment, medication review, referral to services, education, and information.

In-Home Support

Garrett County Community Action delivers programs, resources, and services to reduce the impact of functional impairment and disability, enhance motivation and self-efficacy, reduce health disparities, improve emotional health, and reduce hospitalizations and nursing home days available through the Senior Care Program.

Health Insurance Counseling

Medicare beneficiaries requiring assistance regarding insurance issues can seek support from the Area Agency on Aging & Nutrition. Insurance information includes supplemental policies, prescription coverage, long-term care insurance, and how to access assistance programs available.

III. Garrett Neighbors

Garrett County Community Action is a grantee of the Maryland Department of Aging. Through an initiative termed **Garrett Neighbors, an Innovation in Community Housing & Healthy Aging Project**, GCCAC connects with partners to link supports and services not being directly provided by the agency. Garrett Neighbors has successfully supported elderly and disabled persons in the community by assisting with food security, assuming access to needed services, and providing social engagement through encouragement to contact Maryland Access Point and to use local resources. **A full-time coordinator is a liaison between senior residents and community resources for nutrition programs, health and fitness programming, and encouraging social engagement through resident-led initiatives.**

COVID-19 Pandemic

The restrictions of COVID-19 made clear the importance of community partnerships and direct connections with elderly and disabled persons. **GCCAC, as Garrett County's lead entity in food and outreach to vulnerable households in declared emergencies and disasters, maintained constant contact and expanded its Meals on Wheels and In-Home Support Services.** One outcome was a significantly higher vaccination rate for Garrett County elderly and disabled persons compared to the general population.

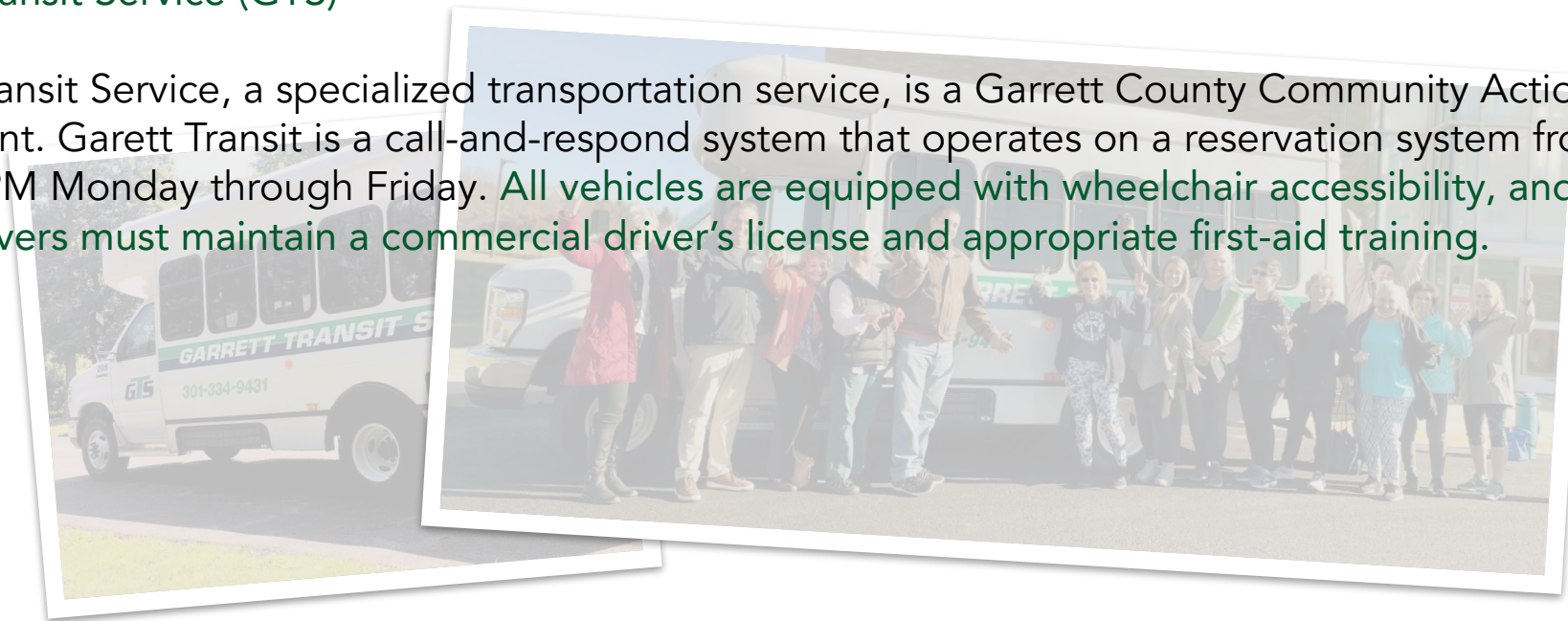
Garrett Neighbors Cont.

Rural Transportation Barriers

The most significant barrier Garrett County elderly and disabled persons face when accessing community resources is the lack of affordable transportation options. **Low populations coupled with a large geographical area means public transportation can be challenging.** Additionally, Garrett County can experience periods of extreme winter weather conditions resulting in a reduction in personal vehicle usage.

Garrett Transit Service (GTS)

Garrett Transit Service, a specialized transportation service, is a Garrett County Community Action department. Garrett Transit is a call-and-respond system that operates on a reservation system from 6 AM to 6 PM Monday through Friday. **All vehicles are equipped with wheelchair accessibility, and all transit drivers must maintain a commercial driver's license and appropriate first-aid training.**



Garrett Neighbors Cont.

The Area Agency on Aging & Nutrition provides regular opportunities for elderly and disabled persons to receive various health screenings, exercise and fitness programs, systematic presentations on health-related topics, and sponsors other health-related events.

Senior Health & Fitness Club at the CARC

Garrett County Community Action's Senior Health & Fitness Club at the CARC is for Garrett County residents who want to age successfully. To encourage more participation in the Senior Health & Fitness Club, the Garrett Neighbors initiative *Spring into Fitness* offered a chance to receive a 1-year membership. Participants were challenged to visit the CARC 12 times between March 1 and May 31; all 27 participants received the membership.

Seniors on the Move

In partnership with Garrett County Democratic Club, Seniors on the Move is a fundraising campaign to defray the transportation costs for elderly and disabled persons who want to visit any GCCAC senior center, congregate meal site, and the CARC. The funds allow elderly and disabled persons who ride Garrett Transit Service to ride for free.

Garrett Neighbors Cont.

Measuring Success

Success is measured by enabling elderly and disabled persons to live in their homes and sustain a good quality of life. Garrett County Community Action collects data biannually; surveys are administered before the program implementation and again at the end of the financial year. The initial assessment establishes a baseline for nutrition, health, social networks, and access to services. Communal and individual goals are established and tracked to measure program success.

Moving Forward

The Garrett Neighbors coordinator operates to improve access to community nutrition, health and fitness programming, and social engagement through the senior centers and nutrition sites. The coordinator **assists** Resident Planning Committees at each residential location, **encourages** committee recruitment to implement a schedule of activities, and **establishes** a baseline that allows the committees to operate independently of the coordinator's support.

Partnering with the coordinator, residents increase autonomy and promote support among their housing communities to empower one another to take charge of their health outcomes and independent living practices.

Senior Centers & Nutrition Sites

Crellin Senior Center
1859 Hutton Road
Oakland, MD
Phone: 301.616.6754

Friendsville Community Building
947 Community Drive
Friendsville, MD
Phone: 301.746.5300

Grantsville Senior Center
125 Durst Court
Grantsville, MD
Phone: 301.895.5818

Kitzmiller Senior Nutrition Site
288 West Main Street
Kitzmiller, MD
Phone: 301.453.3445

Mary Browning Senior Center
104 East Center Street
Oakland, MD
Phone: 301.334.9431

Swanton Senior Nutrition Site
3335 Swanton Road
Swanton, MD
Phone: 301.387.9191

Senior Health & Fitness Center @ CARC
695 Mosser Road
McHenry, MD
Phone: 240.321.5457

The Vision of Community Action

Garrett County Community Action envisions a community of equal opportunity and access, where children are prepared to learn, where families and residents can thrive, where seniors can live independently, and where community partners collaborate to confront challenges and barriers.

The Mission of Community Action

With a holistic approach and collaboration with partners, Garrett County Community Action empowers people by removing barriers and offering pathway opportunities to achieve aspirational goals through advocacy and services while building community capacity to bridge needs.

The Values of Community Action

We value PEOPLE and the belief that people are worthy and should be treated with respect. We value PARTNERSHIPS AND COLLABORATION. Community challenges and people often have complex problems and issues which can't always be resolved by one organization. We value OPPORTUNITIES that can make a community stronger and more resilient. We value ADVOCACY AND THE POWER OF CHANGE. Nothing is static and change often requires advocacy to improve circumstances and the ability to innovate and respond accordingly. We value CHALLENGES that foster learning and cooperation. We value LEARNING AND GROWTH in people and community capacity. We value STABILITY. People need a degree of stability in basic life elements to have a greater chance of success. Community Action STAFF are valued and essential in achieving the agency's mission and realizing our vision. We value ACHIEVEMENT. We believe that people want to do well. We value DATA and the power of data to inform decisions, track progress and outcomes, and identify trends.

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Questions? Contact Me!