

A Profile of 2016 Area Agency on Aging Data



21.8% of the Washington population will be 60+ by 2020¹

Area Agencies on Aging

Area Agencies on Aging (AAAs) operate in virtually every community in the nation with the mission to help older adults age with independence and dignity at home and in the community through a coordinated system of services and supports. Established by the Older Americans Act in 1973, there are 622 AAAs nationwide.

Data presented in this state profile was gathered through the 2016 National Survey of Area Agencies on Aging conducted by the National Association of Area Agencies on Aging (n4a) in partnership with the Scripps Gerontology Center, with funding from the U.S. Administration for Community Living. Twelve of the thirteen AAAs in Washington responded to the survey for a response rate of 92 percent. In Washington, the average budget and staffing of AAAs are as follows:

AAA Budget and Staffing			
Washington		United States	
12.9	Average Budget (million)	10.1	Average Budget (million)
80	Average Number of Full-Time Staff	44	Average Number of Full-Time Staff
6	Average Number of Part-Time Staff	17	Average Number of Part-Time Staff
33	Average Number of Volunteers	149	Average Number of Volunteers

Services and Supports

Each AAA provides core services required by the Older Americans Act—supportive services², nutrition, disease prevention and health promotion, caregiver services and elder rights. AAAs also provide innovative services that are tailored to local and regional needs to support the health and independence of older adults. The top five most commonly offered services by Washington AAAs, not including core services, are:

- Assessment for care planning
- Benefits/health insurance counseling
- Case management
- Respite care
- Assistive technology services
- Enrollment assistance
- Emergency response systems
- Evidence based caregiver programs
- Options counseling

Engaging in Evidence-based Programs

AAAs offer evidence-based health promotion and disease prevention programs. Evidence-based programs are ones that have demonstrated effectiveness for improving health and well-being among older adults in peer-reviewed studies.³ In Washington, the most commonly offered evidence-based programs are:

Evidence-Based Program	Washington Average	National Average
Tailored Caregiver Assessment and Referral Program (TCARE®)	100%	6%
Powerful Tools for Caregivers	91%	33%
Chronic Disease Self-Management Education	82%	40%
A Matter of Balance	45%	60%
Reducing Disability in Alzheimer's Disease (RDAD)	45%	3%

Nationally, the most common evidence-based programs are Chronic Disease Self-Management Education (73 percent) and a Matter of Balance (60 percent).

Engaging in Integrated Care Opportunities

Integrated care is a broad approach to health care that combines service delivery, management and organization across multiple systems such as behavioral health, long-term services and supports and acute care to achieve better health outcomes. Increasingly, AAAs are engaging in these types of opportunities. The table below shows the most common integrated care activities in Washington compared to national data:

Integrated Care Involvement ⁴	Washington Average	National Average
Medicaid Home and Community-Based 1915(c) Waiver	82%	34%
Veteran-Directed Home and Community-Based Services (VD-HCBS)	64%	25%
Medicaid Section 1115 Demonstration Waiver	46%	10%
Medicaid Health Home partnership	46%	4%

The top integrated care activities that AAAs are involved in nationally are the Medicaid HCBS 1915(c) Waiver and VD-HCBS.

Budget and Funding Sources

Most AAAs receive funding from a variety of federal, state and local government sources. AAAs nationally are also increasingly receiving funding from health care payers as part of integrated care initiatives. The table below shows average budget proportions by selected budget category.

Funding Source	Average Budget Proportion (Washington)	Average Budget Proportion (National)
Medicaid Waiver	42%	28%
Older Americans Act	26%	39%
State General Revenue	21%	22%
Other State Funding	6%	16%
Local Government	6%	15%
Health Care Payer (Hospital, Health Plan or Managed Care Organization)	4%	4%



¹ <https://www.census.gov/programs-surveys/popproj.html>

² Supportive services may include personal care services, chore services, homemaker services, outreach and information and referral/outreach.

³ <https://www.acl.gov/programs/health-wellness/disease-prevention#future>

⁴ For a glossary of these terms, please review Appendix A of the n4a AAA National Report at www.n4a.org/publications.

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