

# Aging Matters

## Annual Report 2022



Our goal is to continually provide new and innovative choices for our clients and caregivers. As recipients of another Retirement Research Foundation grant, we initiated the **Tailored Caregiver Assessment and Referral Program (TCARE)**. TCARE focuses on preventing caregiver burnout, by providing individualized care plans for caregivers. We redesigned our **website**, providing easier access to programs and more ways to communicate with us. During 2022, we provided over 10,498 clients with direct services, while 6,732 clients waiting for services at the beginning of 2023.

2022 was a year of transitions. In-person workshops returned on a larger scale, and we said goodbye to our CEO of 15 years, Kristen Griffis. After an extensive search, Katina Mustipher was named our new leader. With 26 years at Elder Options, Katina has held a variety of executive and operational leadership roles at our organization. We are proud of our agency's offerings and we strive to continue serving more seniors, caregivers, and persons living with disabilities in our sixteen county service area.



Elder Options is an independent non-profit founded in 1977 designated by the State of Florida as the Area Agency on Aging/Aging and Disability Resource Center for Alachua, Bradford, Citrus, Columbia, Dixie, Gilchrist, Hamilton, Hernando, Lafayette, Lake, Levy, Marion, Putnam, Sumter, Suwannee, and Union counties.

We provide information and referral services, benefits counseling, screening and eligibility assistance, Healthy Aging workshops on diabetes, classes for improving and maintaining balance - such as Tai Chi, one-on-one help for depression, SHINE Medicare counseling, Caregiver Training, and Support, and administer state and federal pass-through funds via grants awarded to contracted service providers.

### Services Provided By Elder Options

**29,600 Calls**

Answered by Elder Helpline Staff

**12,089**

New Clients Screened for Eligibility

**2,741**

Annual Re-Screenings for Eligibility

**2,437**

Clients Released for Service

**8,674**

Clients Assisted with Medicaid Managed Long Term Care

**4,522 Client Contacts Made by 68 SHINE Volunteers**

**904 Clients Served by**

**86 Healthy Aging Workshops**

**826**

Telephone Reassurance Calls

**823**

Clients Assisted through Community Care Services

**1,995**

Caregivers Served by the Caregiver Training and Support Team

*All Data Presented from 1/1/22 to 12/30/22.*

Elder Options, 100 SW 75th Street, Suite 301, Gainesville, FL 32607

Helpline: 1-800-262-2243 [www.agingresources.org](http://www.agingresources.org)



We are grateful for our caring staff, our committed Board and Advisory Council, and our community partners.

### Board of Directors

Roque Perez-Velez, PE - President, Charles Miller - Immediate Past President, Drexel Collins - Vice President, Richard Esseck - Treasurer, Judy R. Archey - Secretary, Alida V. Langley, Jana F. Hart, Christina Martensson, Richard Vance, Shirley Green Brown, Edgar A. Emmelhainz, Jr., Mildred Milligan, Marcia Burr, Mary Dukes, Jeff Greenspan, Nichole Blake-Little, Gayle Ryan, Victoria Conklin, Frederick Gregory, Nicklous Ross

### Advisory Council

Charles Barrett - Chair, Marie McCloud - Co-Chair, Annie B. Brooks - Secretary, Lucille Rhim, Alphonso L. Johnson, Sandra E. Buck-Camp, Verene E. Kurtz, Carnell Williams, Christine Acree, Beverly Fountain, Minerva Santiago



### Services Provided By Lead Agencies

**167,156** Congregate Meals Served  
**378,314** Home Delivered Meals Provided  
**117,687** Hours of Respite/Breaks for Caregivers  
**120,387** Hours of Homemaking  
**8,856** Transportation Trips  
**40,241** Hours of Personal Care  
**52,999** Hours of Adult Daycare  
**161,225** Emergency Alert Response Days of Service

### Impact of Volunteers

68 Volunteer SHINE counselors provided  
**6,270** hours of services worth **\$187,906**

25 Healthy Aging Volunteers provided  
**1,719** hours of services worth **\$51,469**

Rate \$29.85 per hour by Independent Sector April 2022



### Savings to Medicare Beneficiaries

**962** low-income persons were assisted with Extra Help and Medicare Savings Program benefits putting money back in their pockets for other essentials.

### How you can help

#### Volunteer

- Teach a Healthy Aging Class
- Become a SHINE Counselor
- Become a Caregiver Support Group Leader
- Serve on the Board or Advisory Council
- Serve on the Transportation Disadvantaged Board

#### Advocate

- Speak out for seniors and persons living with disabilities
- Share Elder Options classes and programs with friends

#### Donate

- Support the programs you love!
- Make a gift in honor of a loved one

### VISION:

Elder Options envisions communities where people are respected for their wisdom and experience, informed and supported in their choices, and live with health, security, and dignity.

### MISSION:

Elder Options' mission is to ensure that communities have a trusted and unbiased place to turn for information, resources and assistance. We advocate for and cooperatively work with communities to strengthen support systems and create new and innovative service options that focus on personal choice and independence.