



# NorthWest Senior & Disability Services

## Area Plan Overview

July 1, 2021-June 30, 2025

### About Us

As a state-designated Area Agency on Aging, NWSDS provides services to persons age 60 or older, to people with disabilities age 18-64, and family caregivers in Clatsop, Marion, Polk, Tillamook, and Yamhill counties.



We are also an Aging and Disability Resource Connection (ADRC) serving as a single point of entry to services for seniors and people with disabilities in its five counties.

### Area Plan

Our Area Plan is a roadmap for the programs and services we will provide during the next four years. It also includes an:

- Overview of NWSDS and its services;
- Description of our Planning and Service Area (PSA);
- Work plans for NWSDS priorities and strategies;
- Summary of our collaboration and expansion of partnerships; and
- So much more!

### Area Plan Focus Areas

- Information and Assistance, and Aging and Disability Resource Connection
- Nutrition Services
- Health Promotion/Behavioral Health
- Family Caregivers
- Legal Assistance and Elder Rights Protection
- Older Native Americans
- Equity and Inclusion
- Oregon Project Independence

### NWSDS Planning and Service Area (PSA)



### We Want to Hear From You

To learn more or to comment on our plan visit:

[www.nwsds.org](http://www.nwsds.org) or call (503)304-3456.

Join our public hearing on Thursday, February 18, 2021 from 9:30 am to 10:30 am.

Zoom: <https://tinyurl.com/NWSDS-zoom> Phone: 877-853-5247

Meeting ID: 954 8445 3989 Passcode: 123456

## **Focus Area Goals**

### **Information and Assistance/ADRC**

- Promote awareness of ADRC and its purpose with underserved populations and community partners.
- Increase ADRC customer service satisfaction and standards.

### **Nutrition Services**

- Increase efficacy of program delivery and volunteer management policies.
- Promote Agency services and supports that address the social determinants of health to program participants.
- Decrease food insecurity for seniors, with a specific focus on seniors who are homebound, in rural communities, and from minority groups.

### **Health Promotions/Behavioral Health**

- Identify and implement alternative payment methods to increase the sustainability of the different Health Promotion and Mental Health (MH) programs.
- Increase the volume of health promotion, fall prevention and behavioral health services provided to consumers in all five counties.
- Address barriers to consumers accessing services, with a specific focus on groups that historically have been underrepresented, e.g. persons with no documentation; Pacific Islanders and Native Americans; as well as Medicare recipients (non-Medicaid eligible).
- Based on community needs assessments and advisory groups, develop or expand programs to meet identified needs.

### **Family Caregivers**

- Increase level of support provided to caregivers through continued development and promotion of caregiver support groups, counseling, respite services and trainings.
- Expand awareness of family caregiver resources and supports through outreach with community partners and diverse family caregivers.
- Decrease barriers to caregiver services and supports.

### **Elder Rights and Legal Services**

- Educate and provide tools for individuals at-risk of being exploited by a scam as well as for victims of scams.

### **Older Native Americans**

- Increase education and awareness about the Aging and Disability Resource Connection (ADRC) with older Native Americans and Native American community partners.
- Provide support and education to Native American family caregivers.
- Collaborate with the Confederated Tribes of Siletz and the Confederated Tribes of Grand Ronde to offer culturally appropriate and evidence based health promotion programs.

### **Equity and Inclusion**

- Empower agency management, staff and volunteers to integrate equity, diversity, and inclusion in their work to aid in understanding the experiences and complexities of the diverse communities served by NWSDS.