

MARYLAND DEPARTMENT OF AGING (MDoA)

10.565 COMMODITY SUPPLEMENTAL FOOD PROGRAM

Program description: The objective of the Commodity Supplemental Food Program is to improve the health of low-income seniors at least 60 years of age by supplementing their diets with nutritious US Department of Agriculture (USDA) foods. Food distribution partners will distribute and warehouse the food and will verify participant eligibility, while the Department of Aging provides oversight, nutrition education and technical assistance. There is no state match requirement; administrative funds are provided by USDA based on a formula which corresponds to each state's caseload.

Formula Description: Funding is determined by the USDA and is distributed to MDoA to coordinate with food distribution partners to distribute food to vulnerable adults.

Program Supported/Population Served: More than 2,400 clients will be served per year.

93.324 STATE HEALTH INSURANCE ASSISTANCED PROGRAM (SHIP) PERFORMANCE IMPROVEMENT AND INNOVATION GRANT

Program description: The objective of the SHIP Performance Improvement and Innovation Grant is to develop a Volunteer Risk Management protocol. The Maryland Department of Aging oversees multiple programs that rely upon volunteers. These programs include, but are not limited to, Home Delivered Meals, Long-Term Care Ombudsman, Senior Medicare Patrol, and State Health Insurance Assistance Programs. There is no state match required.

Formula Description: Funding is determined by the Administration for Community Living with the US Department of Health and Human Services.

Program Supported/Population Served: Area Agencies on Aging and volunteer programs.

93.041 PREVENTION OF ELDER ABUSE, NEGLECT, AND EXPLOITATION

Program Description: Assists State and Area Agencies on Aging in carrying out programs to prevent abuse, neglect, and exploitation of older adults. Funds are awarded to States to develop and/or strengthen service systems through designated State and Area Agencies on Aging.

Formula Description: The statistical factor used for fund allocation is the State population of persons 60 years of age and over relative to other States. This program has maintenance of effort requirements. No match is required.

Program Supported/Population Served: In accordance with the federal Older Americans Act, Title VII, Elder Abuse Prevention currently serves nursing home and assisted living residents statewide and provides education to benefit a broad spectrum of targeted populations and the general public.

93.042 LONG-TERM CARE OMBUDSMAN SERVICES FOR OLDER INDIVIDUALS

Program Description: Long-term care ombudsmen have authority under federal and state law to advocate for the 47,000 people living in nursing homes and assisted living facilities. Local employed and volunteer ombudsmen work in every jurisdiction to empower residents, promote residents' rights, resolve complaints, provide education to facility staff on elder abuse and give information to consumers facing difficult decisions about long-term care. Ombudsmen regularly visit facilities, promoting quality of care and quality of life and work to ensure that residents are treated with dignity and respect for their individuality.

Formula Description: The statistical factors used for fund allocation are the number of nursing homes and assisted living facilities; the number beds in assisted living and nursing homes; and the geographic size of the local program. The allocation is recalculated each year. This program has maintenance of effort requirements. No match is required.

Program Supported/Population Served: Title VII Long-Term Care Ombudsman activity currently serves 47,000 persons in nursing homes and assisted living facilities.

93.043 DISEASE PREVENTION & HEALTH PROMOTION SERVICES

Program Description: Health Promotion and Disease Prevention Programs promote preventive health, wellness, and physical fitness. A range of programs such as health education, health screening, medication management and health services promote overall health, physical fitness and mental acuity. Many of the State's local Area Agencies on Aging offer the Chronic Disease Self Management Program, a Stanford University evidence-based validated method that enables adults to manage their chronic conditions while avoiding hospitalization and reinforcing skills that support independent living in the community.

Program Eligibility Criteria: Marylanders 60 years of age and older, except for self management programs which are open to people with chronic health conditions who are 18 years of age and older. In accordance with the Older Americans Act, there are no income or asset restrictions but preference is given to older adults with the greatest social and economic need.

Formula Description: Programs are funded on a federal/state matching basis as follows: Preventive Health Services (85/15). For each fiscal year, state resources provide no less than 25% of the non-federal share of each state's total Title III expenditures from state or local public sources. The statistical factor used for fund allocation is the state population of persons 60 years of age and over. This program has maintenance of effort requirements.

Program Supported/Population Served: Older Americans Act Title III-D Health Screening and Education, Physical Fitness, Medication Management and Health Services. Each year, this program serves tens of thousands of older adults statewide through health screening, education, physical fitness, exercise, and medication management sessions and other health services.

93.044 SUPPORTIVE SERVICES

Program Description: The Older Americans Act Title III-B Supportive Services Program enables older adults to access services that address functional limitations, promote health and independence, and protect elder rights. Together, these services comprise a way to assist older adults in the community to maintain the highest levels of independent functioning and quality of life. Title III-B provides funding for a variety of supportive services including: Maryland Access Point Information and Assistance to work with individuals to plan for their long-term needs and link them to appropriate public and private services. Other Title III-B funded services may include transportation, senior centers, legal assistance and referral services, case management, and homemaker/chore assistance.

Program Eligibility Criteria: With the exception of Maryland Access Point services, Marylanders 60 years of age and older, are served by Title III-B funds. Maryland Access Point Information and Assistance services are available to all individuals, regardless of age, to learn about and plan for their long-term needs and goals. In accordance with the Older Americans Act, there are no income or asset restrictions, but preference is given to older adults with the greatest social and economic need.

Formula Description: States may use 5% for state agency administration and the remainder of the grant funds local services and administration. In Maryland, an adequate proportion of the award must be used for the following priority services: access services (15%), in-home services (10%), and legal assistance (5%).

Program Supported/Population Served: Title III Supportive Services serve hundreds of thousands of unduplicated individuals each year. Additional individuals received information and assistance services from the flagship Maryland Access Point initiative which provide nearly a million contacts each year.

93.045 NUTRITION SERVICES

Program Description: The *Senior Nutrition Congregate Meals Program* offers meals and related nutrition education and assessment for older adults in a variety of community gathering places. This statewide program features group dining as a way to promote social engagement, inclusion, and independent living in the community. In many instances, the program is a critical link to nutritionally balanced meals that reduce hunger and malnutrition. Meals are served in familiar community hubs such as senior and community centers, which also offer programming in physical fitness, the arts, and educational classes. Menus meet the cultural and dietary needs of a diverse statewide population, including meeting the low salt and low sugar Dietary Guidelines for Americans. There are more than 250 meal sites across the State of Maryland. In FY 2017, more than 1.1 million meals were served with the program support of numerous volunteers.

Program Eligibility Criteria: Maryland residents age 60 or older. In accordance with the federal Older Americans Act, there is no income or asset restriction. However, preference is given to serving older individuals with the greatest social and economic need and those at risk of institutional placement. Services also may be available to a limited number of individuals with disabilities under the age of 60, provided that they reside with older adults; volunteers who provide services during meal hours; and, individuals with disabilities who reside in housing facilities primarily occupied by older adults where congregate meals are provided.

The *Senior Nutrition Home Delivered Meals Program* provides meals, nutrition education and assessment, and coordination of nutrition services for older adults who are unable to leave their homes, for example due to care needs. This program supports nutritional balance and independence for older adults in the community. Menus are designed to meet the cultural and dietary needs of a diverse statewide population and standards that require meals meet the low salt and low sugar Dietary Guidelines for Americans. The program relies upon thousands of volunteers who deliver the meals and saves many lives by identifying and connecting isolated older adults in potentially dangerous situations to a range of community services and supports. As with the Senior Nutrition Congregate Meals Program, the home delivered meals program is a critical link to nutritionally balanced meals that reduce hunger and malnutrition.

Program Eligibility Criteria: Maryland residents who remain at home due to personal or other needs and are at least age 60 years or older and their spouses. In accordance with the federal Older Americans Act, there are no income or asset restrictions; however, preference is given to older individuals with the greatest social and economic need and those at risk of institutional placement.

Formula Description: Funded on a federal/state-matching basis of 85%/15%. For each fiscal year, state resources provide no less than 25% of the non-federal share of each state's total expenditures from state or local public sources. The statistical factor used for fund allocation is the state population of persons 60 years of age and over.

93.048 SENIOR MEDICARE PATROL (SMP)

Program Description: The Maryland Senior Medicare Patrol (SMP) Project reduces the amount of federal and state funds lost due to health insurance fraud by increasing the public's ability to detect and report possible fraud, waste, and abuse. Maryland's SMP empowers older adults, care providers, and family members to take a personal stake in protecting identify, reporting health care billing errors, and deceptive health care practices. SMP teaches Medicare beneficiaries how to determine if healthcare practitioners are providing unnecessary or inappropriate services or adding charges for services that were never provided. SMP's success has been the recruiting and training of peer Medicare beneficiaries to act as health insurance educators. Volunteer activities include group presentations, exhibiting at community events, answering calls, and providing one-on-one counseling. SMP resolves beneficiary complaints, working in partnership with state and national fraud control/consumer protection entities, including Medicare contractors, state

Medicaid fraud control units, state attorneys general, the Office of the Inspector General and the Centers for Medicare and Medicaid Services.

Formula Description: The Administration for Community Living (Administration on Aging) will fund no more than 75% of the project's total cost, which means the applicant must cover at least 25% of the project's total cost with non-federal resources.

93.052 NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

Program Description: The National Family Caregiver Support Program (NFCSP) provides a broad array of services to families and caregivers who are not receiving compensation for their services. The NFCSP provides services in the following areas: information and assistance about available services, assistance with accessing services, case management, education, training, support services and one-on-one counseling, supplemental services, and respite care to give temporary relief from caregiving responsibilities.

Formula Description: Older Americans Act formula grants (Title III-E) for this program are 75% federal and 25% non-federal. The non-federal contribution may be in the form of cash or in-kind contributions, including plans, equipment, or services. Project Grant (Title III-E) matching requirements are specified in the program announcement published in the Federal Register.

93.053 NUTRITION SERVICES INCENTIVE PROGRAM

Program Description: Rewards effective performance by states in the efficient delivery of nutritious meals to older adults through the use of cash or commodities.

Formula Description: The NSIP is based on a performance incentive model and is administered by the Administration for Community Living (U.S. Administration on Aging). State Units on Aging receive NSIP funding based on the number of meals served in the prior federal fiscal year in proportion to all other states, and the available appropriation. There are no match requirements.

Program Supported/Population Served: FY 2017 NSIP meals: 1,096,250 congregate meals and 1,191,629 home delivered meals served statewide.

93.517 ENHANCED AGING AND DISABILITY RESOURCE CENTERS OPTIONS COUNSELING

Program Description: This grant is funded by the Administration for Community Living for a three year period (October 2012-September 2015) to work with that Administration and seven other states to establish national standards for "Options Counseling," a planning service offered at Aging and Disability Resource Centers. Options Counselors work with older adults and all

individuals with disabilities to educate them about available services and programs, develop plans related to the consumer's long-term needs and goals, and provide any requested assistance with accessing those services. Additionally, the grant requires the development of sustainable funding mechanisms to support on-going Options Counseling through twenty Maryland Aging and Disability Resource Centers, known as Maryland Access Point or MAP. Mechanisms include obtaining reimbursement via federal financial matching for Medicaid related activities. ***Ensuring that the State of Maryland is investing sufficient state dollars into these activities in order to obtain federal match will drive on-going sustainability of MAP.*** MAP is aligned with Medicaid's Balancing Incentive Program (BIP) requirements to develop a more unified and streamlined public long-term care infrastructure, including through the establishment of a toll-free, statewide phone number, searchable provider directory and website, and single point of entry for information and assistance for long-term support needs. Maryland's new statewide toll-free phone number, **1-844-MAP-LINK (627-5465)**, connects consumers to their local MAP office. People also may search over 11,000 provider listings at www.MarylandAccessPoint.info to find services located near them.

Formula Description: This program has no statutory formula. Matching requirements may be required of any grantee to the extent deemed appropriate by the Assistant Secretary for Aging and are generally set at a minimum of 25 percent of the total cost of the project.

Program Supported/Population Served: The Aging & Disability Resource Centers, Maryland Access Point (MAP) serves older adults, all individuals with disabilities regardless of age, and their family caregivers.

93.734 CHRONIC DISEASE SELF-MANAGEMENT EDUCATION (CDSME)

Program Description: The Chronic Disease Self-Management Education Program, Living Well, is a three year discretionary grant that promotes self-management education statewide. Living Well workshops provide older adults, caregivers, and adults with disabilities access to evidence-based self-management programs which have been proven to reduce rates of chronic disease, improve self-efficacy, and lower health care costs. A key objective is to provide this service to at least 3,500 persons statewide over a 3 year period. In 2014, over 1,500 individuals attended 123 workshops throughout Maryland. Provider organizations include Area Agencies on Aging, local health departments, hospitals, and faith-based and academic organizations.

Formula Description: This program has no statutory formula. Grants are awarded on a discretionary basis and subject to availability of funds. There is no matching requirement.

Program Supported/Population Served: This grant will serve 3,500 older adults, persons with disabilities, caregivers, and other adults with chronic diseases throughout the state. There is a special focus on delivering services to minority populations.

93.324 STATE HEALTH INSURANCE ASSISTANCE PROGRAM

Program Description: The State Health Insurance Assistance Program (SHIP) provides one-on-one, confidential, unbiased information, assistance, and decision support for older adults and adults with disabilities on Medicare about health insurance programs including Medicare, Medigap, Medicare Part D Prescription Drug plans, and Medicare Advantage Plans throughout the state. A statewide network of 19 local programs develop cadres of trained counselors to assist with complex health insurance claims problems and appeals, long-term care insurance options, and applications for low-income subsidy programs. Educational sessions cover a variety of health insurance topics, most notably, Medicare orientation, implications of Maryland's Health Reform for Medicare beneficiaries, and Medicare Part D prescription plans. Outreach is conducted to reach diverse audiences, including Medicare beneficiaries with disabilities.

Formula Description: The Basic Grant includes a fixed award of \$75,000, and a variable portion of the grant award based on a formula that considers: (a) the percentage of nationwide persons with Medicare residing in the State; (b) the percentage of the State's persons with Medicare in relation to the State's total population; and (c) the percentage of the State's persons with Medicare who reside in rural areas. Additional funding for specific priorities is available on a year-by-year basis, depending on Congressional approval.

Program Supported/Population Served: State Health Insurance Assistance Program (SHIP) Support Services/Approximately 35,000 Individuals Served Statewide Annually

NOTE: *Program Years runs from 4/01 to 3/31*

93.071 THE MEDICARE IMPROVEMENTS FOR PATIENTS AND PROVIDERS ACT: Medicare Low Income Subsidy, Medicare Savings Program and Medicare Prescription Drug Enrollment Assistance through the Aging Network, State Health Insurance Assistance Program and Aging & Disability Resource Centers

Program Description: The Medicare Improvements for Patients and Provider Act (MIPPA) is a jointly funded project of the Administration for Community Living (Administration on Aging) and the Centers for Medicare & Medicaid Services (CMS) to help Medicare beneficiaries apply for the Medicare Part D Extra Help/Low-Income Subsidy (LIS) and the Medicare Savings Programs (MSPs). Funding is also used to provide Medicare Part D counseling to beneficiaries who live in rural areas and to promote the new Medicare prevention and wellness benefits. The funds provide a way for State Health Insurance Counseling Programs (SHIPs), State Agencies on Aging, Area Agencies on Aging (AAAs), and the Aging and Disability Resource Centers (ADRCs), known locally as Maryland Access Point, to coordinate outreach activities to educate and provide application assistance to low income Medicare beneficiaries who may be eligible for valuable savings programs.

Formula Description: Two thirds of the allocation amount is based on the number of Medicare beneficiaries in the state who are likely eligible, but not yet enrolled, for LIS. One third of the allocation is based on the number of beneficiaries who are eligible for Part D and who live in

rural areas. Grants to State Agencies on Aging for AAAs and ADRCs are designed to provide enhanced outreach to eligible Medicare beneficiaries regarding their benefits and enhanced outreach to individuals who may be eligible for the LIS, MSP, Part D and Part D in rural areas. States have the option to develop their own plan for allocating these funds to either all or to a subset of their AAAs, or states can utilize a pre-defined allocation to their AAAs to maximize local outreach efforts.

Program Supported/Population Served: State Health Insurance Assistance Program, Area Agencies on Aging, Aging & Disability Resource Centers, known locally as Maryland Access Point (MAP).

64.022 VETERAN DIRECTED-HOME COMMUNITY BASED SERVICES PROGRAM (VD-HCBS)

Program Description: The VD-HCBS program serves American veterans of all ages and with all types of disabilities who are at risk of nursing home placement. The VD-HCBS program provides Veterans an opportunity to receive home and community-based care which will allow them to live independently in their own homes. Veterans are able to manage their own monthly budget and directly hire workers and/or purchase goods and services to meet their needs in their home and community. The program initially began operating in Baltimore and Prince George's Counties, as well as on the Eastern Shore. The program has since expanded geographically to serve more veterans in Baltimore City and Carroll, Howard, Cecil and Anne Arundel Counties.

Formula Description: This program has no statutory formula. Funds are determined based on the services provided per individual veteran.

93.778 FEDERAL FINANCIAL PARTICIPATION (FFP)

Program Description: Following the conclusion of federal grants to continue the Aging and Disability Resource Center, the U.S. Administration for Community Living and Centers for Medicare and Medicaid Services enabled Federal Financial Participation for Medicaid related activities for the ADRC program. This means that a portion of the costs of Maryland Access Point activities (e.g. Information and Assistance) that is related to the Medicaid program (i.e. serving Medicaid clients or providing Medicaid related information or screenings) can be covered by CMS. As with other Maryland Medicaid programs, the federal government will cover up to 50% of the cost (and only on Medicaid related activities). Non-federal funds must be used to cover the remainder of the cost.

Formula Description: Medicaid related activities performed by the Maryland Access Point programs across the State can be reimbursed up to 50% of the total cost so long as the other 50% can be covered with non-federal funds.

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