



**LIVINGSTON COUNTY
OFFICE FOR THE AGING**

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**LIVINGSTON COUNTY OFFICE FOR THE AGING
ABSTRACT FOR THE 2025-2026 PROGRAM/SERVICES PLAN**

INTRODUCTION:

Livingston County Office for the Aging (LCOFA) is responsible for planning, coordinating, funding, and advocating for programs and services that meet the needs of Livingston County residents age 60 and over, as well as providing information and assistance for older adults, individuals with disabilities and caregivers of any age. Services are targeted to individuals with the greatest social and/or economic need.

Livingston County covers a geographic area of over 640 square miles, encompassing 17 towns.

LCOFA has a total budget for 2025 of approximately \$2.9 million, of which 56% is local Livingston County match. The budget for 2026 will consist of federal and state funds with local matching requirements, donations, and participant contributions. Exact funding amounts are not confirmed at this time, and will depend on final state and federal budgets. The Livingston County Office for the Aging is regulated by the New York State Office for the Aging, and the federal government under the Older Americans Act Title III programs.

LCOFA follows Livingston County Purchasing and Procurement Rules and Regulations when purchasing goods and contracting for services.

The purpose of a Public Hearing is to present proposed action under the federal Older Americans Act and to obtain input for the planning process outlined by the New York State Office for the Aging. The Livingston County Office for the Aging is required to provide a list of priority services that it will address in 2025-2026.

Goals for 2025-2026 include:

1. Enable older adults to remain in their homes with maximum quality of life for as long as safely possible through the provision of home and community-based services, including supports for family caregivers.
2. Empower older adults, individuals with disabilities, their families, and the public to make informed decisions about, and to access, long-term services and supports.
3. Empower older adults to stay active and healthy through Older Americans Act Services and those offered through Medicare.
4. Ensure the rights of older adults and prevent elder abuse, neglect, and exploitation.

Please note that this draft plan is still pending final allocations, public recommendations, and the approval of the New York State Office for the Aging and the Livingston County Board of Supervisors. The plan of services is always an estimate and subject to change.

Our priority services are as follows:

1. In-Home Services: Through our subcontracted providers, LCOFA provides services to help keep older adults independent and in their homes, for as long as they are able and choose to reside there. These services include Personal Care Level I (housekeeping/chore), Personal Care Level II (bathing, toileting, grooming), and ancillary services such as Personal Emergency Response Systems (PERS), for individuals age 60 and over who are not eligible to receive Medicaid benefits. LCOFA and subcontractor aides, as well as consumer directed Personal Care Assistants, provide up to 10 hours per week of personal care services per eligible older adult.

With an average cost of \$34.00/hour, LCOFA will provide approximately 5,000 – 5,500 hours of service for the 2025-2026 program year. Individuals receiving in-home personal care also receive case management and may receive ancillary assistance such as Personal Emergency Response Services. LCOFA provides case management directly and contracts with UR Med/Noyes Health for Medical Alert service. There are approximately 10 - 15 people per month on waiting lists for Personal Care services.

2. Nutrition:

Home Delivered Meals: LCOFA subcontracts with Morrison Senior Dining to prepare nutritious meals for individuals who are 60+, frail, disabled and who may be unable to leave their home or prepare meals for themselves. LCOFA then delivers the meals directly through paid and volunteer staff. Eligibility is determined through an in-home assessment, and those who qualify receive one meal, Monday through Friday.

At an approximate cost of \$11.50/meal including delivery, LCOFA plans to provide approximately 58,000 meals to 360 unduplicated participants in 2025.

Nutrition Education: A Registered Dietitian provides nutrition education in a group setting at congregate meals sites and senior groups, and through a monthly newsletter.

Nutrition Counseling: The contracted Registered Dietitian provides nutrition counseling for individuals 60 years of age and older. The dietitian listens to individuals' nutrition concerns and helps them identify ways to make changes to improve or maintain their health.

LCOFA expects that 60 individuals will receive nutrition counseling at a cost of \$50.00/hour.

Congregate Meals: A midday meal is available to individuals age 60 and over in Livingston County, and their spouses who attend with them, regardless of age. Meals are offered at senior meal sites in Avon, Dansville, Livonia, and Mount Morris. LCOFA operates three sites directly. The fourth is located at Wildbriar Estates in Livonia. LCOFA provides the meals for this site, while Wildbriar provides the space, staff, and supplies. At the sites, the Nutrition Program provides a meal, an opportunity to socialize, health and wellness/educational opportunities, and activities.

At an approximate cost of \$13.50/meal, including staffing and site costs, LCOFA plans to serve approximately 24,000 meals to 235 unduplicated participants during 2025.

3. ***Information and Assistance:*** Through our office, we offer information and assistance, options counseling, and application assistance regarding public benefits and community-based long-term care service options for older adults and individuals with disabilities of any age. **Approximately 3,750 calls for information and assistance are anticipated in 2025-2026; LCOFA maintains a level of qualified staffing necessary to assist callers in a timely, effective manner.**

4. ***Transportation:*** Through subcontracts, LCOFA funds some limited transportation for older adults. RTS Livingston provides transportation to senior meal sites at a rate of \$1.73 per one-way ride. LCOFA subcontracts with Catholic Charities at a rate of \$3.75 per one-way trip for the Faith in Action program. Faith in Action volunteer drivers transport older adults to medical appointments and grocery shopping. LCOFA subcontracts with several transportation vendors to provide rides to medical appointments at a per-trip rate. **For 2005, LCOFA has budgeted for approximately 6,000 rides.**

5. ***Caregiver Services:*** LCOFA funds caregiver services, education, training, and support. A Caregiver Resource Center operated by UR Med/Noyes Health provides information and support to caregivers at a cost of approximately \$39,000. In addition, over 1,500 hours of caregiver respite will be provided. LCOFA contracts with several home health care agencies to provide in-home respite at an average cost of \$34.00 per hour. The Caregiver Coordinator also supervises group respite programs.

6. ***Health and Wellness:*** In partnership with several service providers, LCOFA provides health and wellness programs to assist individuals age 60 and over to improve and/or maintain their overall health and wellness. Programs include A Matter of Balance, Stay Active and Independent for Life, and Tai Chi for Arthritis. **It is projected that at least 3,000 units of health promotion will be provided for the 2025-2026 program year at an average cost of \$10.00 per unit.**

7. ***Legal Assistance:*** As a required service component under the Older Americans Act, LCOFA provides legal assistance through our subcontracted provider, Legal Assistance of Western NY (LawNY) to individuals age 60 and older. Legal issues can include issues such as income security, health care, long-term care, housing, utilities, adult protective services, defense of guardianship, abuse, neglect, and age discrimination. Legal assistance is targeted toward older individuals in social and economic need.

At a cost of \$100.00/unit, LCOFA will provide approximately 245 units of legal service at a total cost of \$24,500 in 2025-2026.

8. Health Insurance Information Counseling and Assistance Program (HIICAP): HIICAP provides health insurance information and counseling to help older adults understand Medicare, and make informed decisions about the most appropriate plans for them. LCOFA subcontracts with Lifespan of Greater Rochester, Inc. for HIICAP Services. **Funding for this program totals approximately \$34,000.**

Funding and Contributions for Programs: Programs are funded through the federal government (Title III of the Older Americans Act), the New York State Office for the Aging, Livingston County/Office for the Aging, subcontracted providers, donations and individual contributions.

For programs funded under the Older Americans Act, there are no fees. Eligible individuals receiving services are provided a chance to make a voluntary, confidential contribution toward the cost of the services they receive. No eligible person can be turned away due to inability or unwillingness to contribute to a program or service, with the exception of programs requiring a cost-share and/or when units/slots are unavailable. All contributions support the programs for which they are received in order to expand the availability of services.

LCOFA establishes suggested contributions for most services and reviews them annually. Current suggested contribution amounts include:

- Home Delivered Meals: \$4.00/meal Anticipated Cost: \$11.50 including delivery
- Nutrition Counseling: \$15.00/hour Actual Cost: \$50.00/hour
- Legal Services: \$30.00/hour Actual Cost: \$100.00/hour

When deciding whether or not to make a contribution and at what level, individuals are encouraged to consider their personal circumstances.

The Office for the Aging remains strong in its commitment to assist individuals to remain in their homes and community for as long as they choose and can safely do so with supports. The priority services that are listed above are the majority of the programs we have in place to achieve this goal. These programs and services are part of a larger network of partnering agencies, funders, and providers that help create a collective impact throughout Livingston County.

The Livingston County Office for the Aging appreciates any feedback related to this plan, and input about future or changing needs of our community's older adults. We will take comments through August 29, 2025 for the 2025-2026 Program Plan; however, we are interested in hearing about community needs throughout the year. You may contact the Livingston County Office via mail: 3 Murray Hill Drive, Mt. Morris, NY 14510; via phone: (585) 243-7520, or via email: ofta@livingstoncountyny.gov.

On behalf of our County Administrator, David G. Pribulka, the Livingston County Board of Supervisors, the Advisory Council and staff of the Livingston County Office for the Aging, and our subcontracted provider agencies, thank you for any feedback you can provide to help us serve you better.

