

## Annual Report to the Community—2015 Highlights

### Working Together to Provide Services that Help People Maintain Their Independence

#### Aging and Disability Resource Center (ADRC)

In need of Information and Assistance? The Aging and Disability Resource Center (ADRC) is your **one-stop shop** for the information you need. The ADRC provides information about home care, legal assistance, nursing facility placement, utility assistance, insurance, and much, much more! A major highlight for 2015 was being awarded an ADRC Reinvigoration Grant through the Indiana Family and Social Services Administration's Division of Aging, which allowed us to evaluate and enhance our resources and processes. One valuable resource that we were able to create is a toolkit to assist individuals who are looking to privately hire an in-home provider for homemaking, personal care, respite care or other services. The toolkit includes a list of providers in the area, a hiring process checklist, and a service agreement. Private provider information was sent to over 130 individuals in 2015.



#### Community Care Counseling and Home Care Management

Experiencing difficulty in managing your day-to-day needs? Overburdened by caregiving for a loved one? Confused about how to get the help you need? We are here to help! Our experienced and caring staff will work with you to assess your needs, evaluate your options and develop an individualized care plan connecting you to the resources that will be best for your situation. Our staff is available to meet with you in your home or at your time of need while at the hospital or in the nursing home. Our goal is to help you today, improve your tomorrows. While having our physical needs met is important we recognize that a person's emotional needs are equally important. In 2015, our staff was trained to implement the Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) program; an evidence-based program that assists older adults in managing symptoms of depression and living fuller lives by incorporating meaningful activities.

#### Nutrition

Senior Nutrition Activity Centers (SNACs) can be found at various locations across the five counties that we serve. Older adults enjoy a hot noon time meal Monday through Friday. Activities vary by location but you can find individuals participating in bingo, exercise, yoga, playing cards or listening to live music. When asked why they attend the SNAC, the most common answer is "to be around others." Another SNAC participant, who is 93 years young and drives to the SNAC on a regular basis said, "I attend because I know people my age need to be someplace rather than by themselves. They need to socialize with others at least sometime during the day." Another participant stated that she lives alone and needs to get out of the house. She said, "I come for the fellowship, the music and the bingo!"



#### Sentry Services - Guardianship

Our adult guardianship program is designed to provide support to incapacitated adults in the least restrictive manner possible. The following is a client story we'd like to share: Rosie is a 60 year old female who resides in a local nursing home. Sentry Services was appointed Rosie's guardian of person and estate in February 2015. Rosie had been living in the nursing home for approximately a year and had no insurance or income. Sentry Services applied for Social Security Disability and Medicaid for Rosie and not only was she awarded both, but she also received back-payments from the time she became disabled in 2014. Rosie was also found eligible for Medicaid, so Sentry Services was able to get Rosie's past medical bills paid and she was able to see the dentist and eye doctor. Sentry Services also utilized some of Rosie's benefits to pre-pay for her funeral and purchase new clothing for her.

#### Executive Director

Sally Beckley

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## Catch-A-Ride (CAR)

Catch-A-Ride is available to anyone for any purpose. It is often utilized for transportation to and from doctor appointments, shopping centers, work, social activities and more. In 2015, CAR had the unique opportunity to transport a passenger by the name of Bill Freedman (pictured here with our driver, Gary Hildebrand) who was travelling cross-country by utilizing only public transportation. Bill started his journey in Long Island, New York and, over the course of two months, travelled all the way to the Golden Gate Bridge in California. Along the way, Bill posted blogs, live videos, interesting news stories regarding public transportation, etc. For more information, you can follow Bill on his Cross-Country Local Facebook page or on Twitter @WilliamFreedman.



For over 40 years, we have been serving residents of Dearborn, Jefferson, Ohio, Ripley, and Switzerland counties. Our programs are designed to meet the growing needs of the people in our community. All services provided by LifeTime Resources are provided without regard to race, age, color, religion, sex, disability, national origin or ancestry and are available to individuals of all incomes.

### Yes, I want to help!

There are many ways to help LifeTime achieve its mission of "working together to provide services that help people maintain their independence."

For online donations through PayPal, please visit:

<http://www.lifetime-resources.org/help.html>

For volunteer opportunities, please visit

<http://www.lifetime-resources.org/help.html>

For all other information, please visit

<http://www.lifetime-resources.org/index.html>

Or call 812-432-6200 or 877-234-3641

### Financials\*

#### Sources of Operating Income

Federal & State	\$3,235,848.96
Customer Donations & Fares	\$315,493.85
Local Gov't Support	\$215,748.83
Other Support	\$79,074.89
<b>Total Revenue</b>	<b>\$3,846,166.53</b>

#### Operating Expenses by Program

Administration	\$216,246.25
Outreach	\$288.35
Home Care Management	\$641,714.75
Community Care Counseling	\$281,455.19
Ombudsman Contract	\$15,870.00
In-Home Services	\$415,126.52
ADRC	\$241,993.23
SNAC	\$242,104.30
Meals on Wheels	\$65,887.90
Sentry Services	\$148,386.38
Legal Aid	\$4,928.60
Health & Wellness	\$8,265.33
Aging in Place	\$28,832.49
Catch-A-Ride	\$1,535,067.24
<b>Total</b>	<b>\$3,846,166.53</b>

\*Figures reported are from unaudited financials

### Total Units of Service by Program

Program	Units	Unit Measure
Ombudsman	606	1 Hour
Legal Aid	88	1 Hour
Home Care Mgmt	60,981	1/4 Hour
Sentry Services	16,747	1/4 Hour
Family Caregiver	1,108	1/4 Hour
In-Home Service	93,909	1/4 Hour
Meals on Wheels	13,867	Meals Served
SNAC	18,514	Meals Served
Catch-A-Ride	83,840	1 One-Way Trip
ADRC	3,615	1 Call or Contact
Health & Wellness	1,654	1 Class/ Assessment
PAS**	9,290	1 Level 1 Screen

\*\*Nursing Facility Pre-Admission Screening

### Individual Clients Served by County

Dearborn	2500
Decatur (CAR only)	160
Jefferson	1825
Ohio	276
Ripley	1371
Switzerland	392
Other	321
<b>Total</b>	<b>6845</b>

### Donors: Jan 2015 - Dec 2015

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