

Atlanta Regional Commission

Aging & Independence Services

2020 Annual Report, July 1-June 30

**We are living longer...
...and the aging population is growing.**



In 2019, 566,000 people age 65 or older lived in the 10-county region—that's **1 in 8 of us**.

By 2030, our 65+ population is expected to grow to 975,000, **or almost 1 in 5 of the residents of the 10-county region**.

Most of us want to stay in our communities as we age, but we need easy access to transportation, pedestrian-friendly neighborhoods, and housing that is affordable and accessible for every stage of life.

This is where our work comes in.

Our Goal

To maximize the independence, health, and well-being for older persons, individuals with disabilities, and their care partners today, while preparing the 10-county region for the future.

Helping People Find Information and Services

ARC's Empowerline links people with trusted community services and healthcare providers to help them live their best lives.



people received counseling
from certified professionals



replies to requests for
assistance



people received home and
community-based services
such as meals, personal care,
homemaking, transportation,
and activities in senior centers



61,056 people were served
through our interactive **Empowerline**
programs and services



visits to **empowerline.org** for
information and referrals



"I was using some of my medicines at the wrong times of the day or not at all because I wasn't home. The counselor taught me tricks to take them at the right time."

- Empowerline client

Providing a Range of Services to Maximize Health & Independence

ARC supports healthy living and aging by offering a range of services for older persons and people living with disabilities, so that they can remain in their homes and communities and thrive, even as their needs change.



41,826
HOURS

5,046 People Served

Managing Care

ARC helps people navigate the complexity of their health and daily living needs through collaborative programs that help coordinate care.



751,667
MEALS

6,588 People Served

Getting Around

We all need reliable transportation in order to maintain a high quality of life. Programs that get older people to where they need to go help them to live independently.

181,512

TRIPS

14,861 People Served



Delivering Meals

For people who cannot leave their homes, food and companionship delivered at no cost is invaluable.

Wellness Programs

From managing chronic conditions to preventing a dangerous fall, these programs help older adults and people caring for them.

331

PEOPLE SERVED

5 Different Classes



8,732
HOURS

492 People Served

Legal Assistance

Older adults are at particular risk of financial exploitation and scams. Legal assistance helps to protect their independence and security.

SPOTLIGHT ON Serving Older Adults During COVID-19

Funds spent April-November 2020

ARC's Aging & Independence Services Group helped partner organizations adapt their funding to respond to older adults' critical needs. **ARC allocated \$5.4 million regionwide** in federal Families First and CARES Act dollars, as well as philanthropic funding — **providing a range of services, from caregiving, to wellness support, to nutrition services, to material aid**— assistive equipment such as easy-to-use can openers, as well as short-term help with bills and groceries to help people live more independent lives in their own homes. The agency was also able to help partner organizations provide **weeks of home-delivered meals** to those on a high-priority waitlist for this service. In all, funding through ARC was able to deliver **117,954 emergency home-delivered meals** to **2,637 individuals** throughout the region.

"We want to make sure they have healthy, culturally-appropriate food, but the main thing is that we want to make sure they know: 'We're going to check on you. There's someone watching over you.'"

- Ken Keun,
Center for Pan-Asian Community Services (CPACS)



With the help of ARC, CPACS started a meal-delivery service for its clientele of older refugees and immigrants.

Providing Support to Care Partners

More and more of us find ourselves in the role of caring for others. It can be rewarding, but also stressful. ARC helps fund programs that relieve some of that burden.

1,077
CAREGIVERS
RECEIVED SERVICES



"I volunteer because it is a pleasure to help those in need."

- Wayne Stokes,
AmeriCorps Seniors volunteer

Staying Active & Engaged

ARC's Aging & Independence Services Group is committed to providing new ways for older people to stay involved, give back, and meet new people.

Volunteers with metro Atlanta's AmeriCorps Seniors program provide free educational presentations, community events, and counseling for their fellow older adults—all geared to help them remain healthy, active, and independent.

102
VOLUNTEERS

3,129
VOLUNTEER HOURS

11,352
PEOPLE REACHED





Staying Healthy and Housed

ARC expanded its innovative behavioral health coaching program for older adults at risk of eviction. Thanks to new grant funding, the program was able to add staff and clinical support. The funding also enabled a second service location to launch in Augusta through the Central Savannah River Area Agency on Aging.

 **99%**
MAINTAINED
their housing

 **50%**
INCREASE IN CAPACITY
from new funding

 **\$1,000 - \$4,900**
SAVED BY HOUSING PROVIDER
PER HOUSEHOLD
by avoiding eviction

“For some residents, the pandemic made areas where they were having some difficulty even harder to cope with. With the help of ARC behavioral health coaches, we are better equipped to recognize and meet those needs where and when they arise.”

- Resident services coordinator at one affordable housing site

What's Next?

ARC experienced an uptick in those accessing services during the COVID-19 pandemic — the agency has been able to respond to that need as we've moved into the next fiscal year, with \$8.3 million in federal funds granted to metro Atlanta for direct COVID-relief services for older residents, including congregate and home-delivered meals, in-home support services, transportation, and case management.

But the pandemic also laid bare critical systemic health and social disparities. As the designated Area Agency on Aging under the federal Older Americans Act for the 10-county Atlanta region, ARC's Aging & Independence Services Group advocates for these services at the federal, state, and local levels.

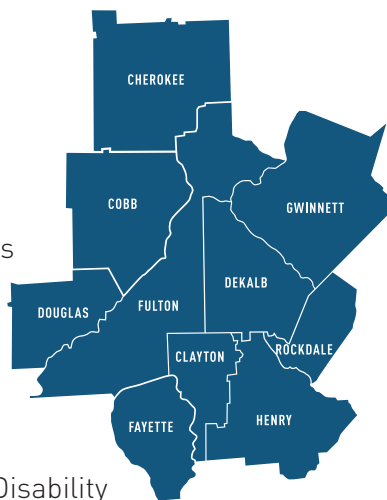
You can make a difference, too.

Learn more about the crucial issues impacting older people, people with disabilities, and their care partners at atlantaregional.org/aging. There, you'll also find policy briefings to help you make sense of these issues and take action.

You can also call or visit **Empowerline** at **(404) 463-3333** or empowerline.org for more information and to find free, helpful resources and help on a range of issues from transportation, to housing, to resources to help care for someone you love.

We fund services provided by:

Cherokee County Senior Services
Clayton County Senior Services
Cobb County Senior Services
DeKalb County Office of Aging
Douglas County Senior Services
Fayette Senior Services
Fulton County Department of Senior Services
Gwinnett County Senior Services
Henry County Senior Services
Rockdale County Senior Services
Atlanta Legal Aid Society
Center for Pan-Asian Community Services
Innovative Solutions for Disadvantage and Disability
Visiting Nurse Health System



"As someone whose family has benefited directly from our county's senior services program, I just wanted to say thank you to ARC for supporting it."

- Metro Atlanta resident