



**AREA AGENCY ON AGING OF
NORTHWEST COLORADO**

**Region 11 Four-year Area Plan for Older Americans
Act and State Funding for Senior Services, State
Fiscal Years 2028-2031 (July 1, 2027 to June 30, 2031)**

Table of Contents

Introduction.....	1
A: Executive Summary.....	1
B: Planning Process & Public Input.....	3
C: Planning and Service Area (PSA) Profile.....	10
D: Needs Assessment & Priorities.....	15
E: Services & Service Delivery Strategies.....	22
F: Financial Plan and Resource Allocation.....	28
G: Quality Assurance and Provider Monitoring/Evaluation.....	29
H: Goals and Objectives.....	32
I: References.....	34
J: Attachments.....	34

Draft

Introduction

The Area Agency on Aging of Northwest Colorado (AAANWCO) was established in 1974 and was one of the first four Area Agencies on Aging (AAA) in Colorado. It serves as the federally designated regional planning and service agency for individuals aged 60 and older and their family caregivers. AAANWCO initially included sixteen counties, but in 1978, it split into three separate AAAs. At that time, AAANWCO served Garfield, Mesa, Moffat, and Rio Blanco counties. In 1998, Routt County was added to the region and remained in the region until July 1, 2022.

At its inception, the AAANWCO was sponsored by Colorado West Area Council of Governments. Later the Colorado West Area Council of Governments changed its name to the Associated Governments of Northwest Colorado (AGNC). The mission of AGNC is to build “connections to convene resources, ideas, and policies that strengthen our region’s growth, resilience, and values.” Through a memorandum of understanding with AGNC and Mesa County, the AAANWCO is housed with the Mesa County Department of Human Services.

AAANWCO is responsible for periodically assessing the strengths and needs of the region's older adults; developing a four-year Area Plan on Aging to address those needs; securing funding; and administering and monitoring the services and programs outlined in the plan. AAANWCO receives both federal Older Americans Act (OAA) dollars and State Funding for Senior Services (SFSS). Through strategic planning, funding, advocacy, and partnerships with community-based organizations, AAANWCO plays a vital role in supporting older adults and family caregivers throughout Northwest Colorado, helping them maintain their independence, health, and quality of life.

A: Executive Summary

The 2027–2031 Area Plan was developed through analysis of regional demographic data, service utilization, client survey results, and Community Conversations.

AAANWCO conducted eight Community Conversations throughout the four-county region and received survey responses from 1,040 individuals. Across these sources, older adults and caregivers consistently expressed a strong desire to remain in their

homes and communities. Transportation, affordable and accessible housing, access to information, in-home support and healthcare, and opportunities for social connection were identified as significant barriers to maintaining independence and quality of life.

The region's 60+ population is projected to increase by 6.4% during the planning period with the population aged 80 and older projected to increase by approximately 30% between 2027 and 2031. At the same time, rural geography, economic insecurity, disability, housing costs, transportation barriers, and social isolation create additional challenges for many older adults. These trends are expected to increase demand for services that support aging in place.

Based on the needs assessment, AAANWCO identified six priority areas for the 2027–2031 planning period: transportation and mobility; aging in place and in-home supports; nutrition and food security; social connection and community engagement; information, assistance, and service navigation; and caregiver support. Transportation was identified as the region's most significant unmet need. AAANWCO will maintain existing transportation services while exploring innovative strategies, strengthening coordination, and identifying additional funding opportunities. Nutrition and other core Older Americans Act (OAA) services will continue to address food insecurity, isolation, caregiver needs, and other factors that affect independence.

AAANWCO will maintain a coordinated network of OAA and State Funding for Senior Services (SFSS) funded services that includes transportation, nutrition, in-home supports, information and assistance, caregiver services, evidence-based disease prevention and health promotion, legal assistance, Long-Term Care Ombudsman services, senior center operations, and other supportive services. Consumer-directed vouchers will remain an important strategy for addressing gaps in service availability, particularly in rural communities and areas where traditional providers have limited capacity. AAANWCO will also continue working with contracted providers and community partners to identify service gaps, strengthen coordination, increase awareness of available resources, and adapt services to the geographic and demographic needs of the region.

AAANWCO anticipates relatively flat OAA and SFSS funding while demand for services is expected to increase. Therefore, the Area Plan does not assume significant growth in the number of individuals served. Instead, AAANWCO will focus on maintaining essential service capacity, prioritizing individuals experiencing the greatest economic and social need, maximizing available resources, and identifying opportunities to improve access, coordination, efficiency, and effectiveness.

Through this Area Plan, AAANWCO will continue to serve as a funder, coordinator, convener, and advocate for older adults and family caregivers throughout Northwest Colorado. Over the next four years, AAANWCO will work with regional partners to address identified needs, strengthen the service network, and support older adults in remaining safely and independently in their homes and communities.

B: Planning Process & Public Input

The Area Agency on Aging of Northwest Colorado (AAANWCO) promoted the Community Conversation meetings through a variety of outreach methods to encourage broad public participation. Announcements were published in the *BEACON Senior News*, *Craig Daily Press*, *Herald Times*, and *Post Independent*. Email notifications were distributed throughout the regional aging network, including Associated Governments of Northwest Colorado (AGNC) members, contracted AAANWCO providers, local councils on aging, and the Regional Advisory Council (RAC). Announcements were also shared on the AAANWCO Facebook page, and contracted providers distributed and displayed flyers within their communities. AAANWCO hosted eight public input meetings at community focal points throughout the service area. Six of the eight Community Conversations were located in low-income areas or next to low-income senior housing. Five of the eight Community Conversations were held in rural areas of the region. A virtual component was added to one of the Community Conversations.

County	Meeting Location	Date & Time	Address	Participants
Mesa	Mesa County Workforce	May 11, 2026 10am-12pm	512 29 ½ Rd. Grand	3

County	Meeting Location	Date & Time	Address	Participants
	Center & Virtual		Junction, CO 81504	
Mesa	Fruita Community Center	May 14, 2026 10am-12pm	324 N. Coulson Fruita, CO 81521	7
Mesa	Clifton Community Center	May 19, 2026 10am-12pm	3270 D ½ Rd. Clifton, CO 81520	0
Garfield	Lucy Huntley Senior Center, Colorado Mountain College	May 29, 2026 1pm-2:30pm	1402 Blake Ave. Glenwood Springs, CO 81601	15
Rio Blanco	Chuckwagon, Fairfield Center	June 3, 2026 10am-11:30am	200 Main St. Meeker, CO 81641	8
Rio Blanco	Radino Senior Center	June 8, 2026 10am-11:30am	403 N White Ave. Rangely, CO 81648	9
Moffat	Senior Social Center of Craig	June 16, 2026 12pm-1:30pm	775 Yampa Ave. Craig, CO 81625	26
Garfield	Rifle Senior Center	June 18, 2026 10am-11:30am	50 Ute Ave. Rifle, CO 81650	14

Prior to the start of the Community Conversation meetings, the AAANWCO asked participants to complete a brief survey consisting of two standard questions. To expand participation, members of the AAANWCO RAC also distributed the survey at congregate meal sites to individuals who had not previously completed it. The same questions were incorporated into the State Fiscal Year 2026 Performance Measure Surveys to capture additional input from current older adults and family caregivers being served by contracted providers.

A total of 1,040 individuals completed the surveys. Because survey participation was voluntary, not every respondent answered every question or provided complete responses. A summary of the results of the survey is presented below.

Please rate each service based on how important the service is for you to be able to stay in your home and community, with 1 being most important to 5 being least important.

Service	Percent of Most Important	Percent of Least Important
Caregiver Respite	32%	6%
Congregate Meals	39%	6%
Exercise Classes	30%	8%
Home Delivered Meals	44%	5%
Legal Assistance	22%	8%
Medicare Counseling	24%	7%
Transportation	38%	6%
Voucher for Homemaker	24%	7%
Voucher for Material Aid	21%	8%

Below is a list of challenges that older adults in our community may face. Please mark all of them that are true for you or the person that you care for:

Challenges	Percent of Responses
I feel isolated	18%
I worry about falling	44%
I worry about having enough money for food	17%
My income does not cover basic expenses like food, transportation, medical care, utility bills, and rent/mortgage	17%
I do not have reliable transportation	16%
I cannot leave my home without help	20%
I do not have someone I can call for help	10%
I need more help at home	15%
I do not know what services or supports are available to me	27%
The services that I need are not available in my community	5%
None of the above	25%

Facilitated discussions during the Community Conversation meetings explored the services and supports that help older adults remain independent and continue living in their homes and communities, as well as the barriers that can make independence more difficult. Participants also discussed social isolation, identifying factors that contribute to loneliness and strategies that help foster social connection.

As life expectancy increases and the cost of living continues to rise, participants shared how older adults are managing the financial demands of daily life. Some conversations highlighted that older adults are delaying retirement or re-entering the workforce out of necessity. Participants examined the services and supports available to older adults

who want or need to work, as well as gaps in those resources. Finally, discussions focused on grandparents raising grandchildren and the unique challenges they face, along with the services and supports available to help meet their needs.

Across all Community Conversation meetings, participants expressed a strong desire to age in their communities. However, transportation, affordable and accessible housing, access to information, in-home support & healthcare, and opportunities for social connection were identified as the most significant barriers to maintaining independence and quality of life.

Older adults aging in Northwest Colorado report that they can no longer age in their communities. The soaring cost of living, rising property taxes, inflated food and healthcare costs are outpacing the fixed incomes of older adults, effectively pricing them out of their own homes and long-time communities.

Taking into account the results of the two standard survey questions and the comments from the Community Conversation meetings, these are the ongoing service and support needs in the region.

- Affordable and Accessible Housing
- Caregiver Support
- Evidence-based disease prevention & Health promotion
- Information and Outreach about services
- In-home services and supports
- Nutrition Programs
- Social Connection
- Transportation Services

Housing affordability was identified as a critical concern in the Community Conversations. Participants described a shortage of affordable housing, lengthy waiting lists, and a lack of accessible housing options. Many older adults are unable to downsize while remaining in their communities, and those who rent continue to face rising housing costs that outpace fixed incomes. There has only been one new

low-income housing complex for older adults built in the four-county region in the last four years. As a result, communities are seeing an increase in multigenerational households. The older adult population experiencing homelessness continues to increase as well. Participants suggested exploring shared housing and roommate exchange models as potential strategies to expand affordable housing options.

Community Conversation and survey participants stated that many older adults in the region are caregivers who experience physical strain, emotional stress, or financial hardship due to their caregiving responsibilities.

Older adults in Northwest Colorado worry about falling based on the survey results. According to Guirguis-Blake et al. (2024), “falls are the most common cause of injury-related morbidity and mortality in older adults.” It is such a strong concern that the OAA specifically calls for fall prevention programs. Most recently, Congress introduced a new bill (2025–2026), the Stand Strong Falls Prevention Act, which amends the OAA to establish an Advisory Committee on Falls Prevention within the Administration on Aging.

Participants in the Community Conversation and surveys consistently noted that older adults need greater assistance navigating available programs and services. Many are unaware of existing resources or find service systems difficult to navigate. Suggested improvements included expanding outreach efforts, hosting additional resource fairs, developing more comprehensive resource directories, providing application assistance, and increasing education for healthcare providers and hospital staff about available aging services.

Maintaining independence at home was closely tied to access to practical support. Participants in the Community Conversations identified home care, homemaker services, home modifications, yard maintenance, minor home repairs, and companion services as essential resources that enable older adults to remain safely in their homes. In-home services and supports are vital in maintaining older adults’ independence and can provide a cost-effective alternative to more intensive long-term care options and

may help delay or reduce the need for hospitalization or transition to a long-term care facility.

Home-delivered meals and congregate meals were ranked as the top two most important services the AAANWCO provides in the survey. Community Conversation feedback highlights that these offerings ease financial burdens for older adults while fostering meaningful social connections. By offering diverse meal delivery strategies—including congregate dining, grab n' go (as needed), home-delivered meals, and material aid-home-delivered meals—AAANWCO effectively adapts to the distinct needs across our local communities.

The most frequently identified contributors to social isolation in the Community Conversations included transportation barriers, the loss of a spouse or friends, declining mobility, chronic health conditions, and challenges using technology. Protective factors that help reduce social isolation include faith-based organizations, senior centers, congregate meal programs, volunteer opportunities, recreational activities, and community events that encourage social engagement.

Transportation emerged as the most consistent challenge across every Community Conversation. It was also ranked the third most important service after nutrition programs in the survey. Participants described limited transportation options for medical appointments, few evening and weekend services, and difficulties traveling between communities, particularly in rural areas. Mobility limitations and vision loss further reduce an individual's ability to drive independently. Participants emphasized that transportation is not an isolated issue; it directly affects access to healthcare, nutrition, employment, social engagement, and ultimately the ability to successfully age in one's community.

Compared with other discussion topics, older adults in the workforce and grandparents raising grandchildren generated less conversation. This may reflect the composition of Community Conversation participants, as individuals in these groups may have been less likely to attend the meetings because of work, caregiving responsibilities, or other competing demands.

C: Planning and Service Area (PSA) Profile

The Area Agency on Aging of Northwest Colorado (AAANWCO), also known as Region 11 AAA, serves Garfield, Mesa, Moffat, and Rio Blanco counties in the northwest corner of Colorado. Spanning 14,285 square miles, it is the largest PSA geographically in the state and the sixth most populous of Colorado's sixteen Area Agencies on Aging, with an estimated population of 244,143. Major communities in the region include Carbondale, Craig, Fruita, Glenwood Springs, Grand Junction, Meeker, New Castle, Palisade, Parachute, Rangely, Rifle, and Silt. These population centers are primarily located along the Colorado, White, and Yampa River valleys.

Region 11 AAA Projected Population Growth

Population projections indicate a **6.4% increase** in the Region 11 AAA population age 60 and older between 2027 and 2031. The same projected growth rate applies to the population subgroups shown below, except for the 75+ population which is expected to increase by **24.7%**. Data Sources: See reference section noted with an *

Category	2027	2031	% of 60+ Population (2031)
Adults 60+	71,332	75,913	100%
Adults 75+	24,905	31,064	40.9%
Poverty 60+	7,633	8,123	10.7%
Ethnic Minority 60+	8,845	9,413	12.4%
Rural 60+	16,335	17,384	22.9%
185% of Poverty 60+	15,618	16,621	21.9%

Based on these projections, the region is expected to experience steady but meaningful growth (6.4%) in its older adult population over the four-year planning period. Over 40.9% of the population of older adults will be age 75 and older. As individuals reach the age of 75 and older, the need for in-home and community-based services increases due to the physical, social, and economic changes related to aging. As this age group

grows, demand for caregiver support, nutrition services, transportation, supportive services, and other home and community-based services is expected to increase. As the need for services increases, so does the need for coordination of these services to assure effectiveness and efficiency in care. Aging and Disability Resources for Colorado (ADRC) in the region will continue to be vital in providing services to age in place with options counseling, case management, consumer directed vouchers and information and referral. The ADRC will be able to address aging in place service requests from the 75 and older population on an individual basis for information and referral and service provision.

The data also indicate that a substantial portion of the older population will face economic challenges. More than one in five older adults (21.9%) are projected to have incomes at or below 185% of the federal poverty level, while 10.7% will live at or below the federal poverty level. These individuals are more likely to depend on Older Americans Act (OAA) programs because they often have fewer resources to purchase private services. Continued growth in these populations is likely to increase demand for nutrition programs, transportation, legal assistance, caregiver support, and in-home services.

Additionally, 22.9% of adults age 60 and older will reside in rural areas where access to service providers and community resources is limited. Long travel distances, combined with winter weather conditions, can delay service delivery, complicate coordination among providers, and increase the isolation of both older adults and the programs designed to serve them. The region's expansive geography presents one of the greatest challenges to delivering services to older adults. Delivering services across large distances often results in higher costs per participant, making it difficult for providers to expand capacity even as the older population grows.

The projected 12.4% ethnic minority population also highlights the importance of ensuring that information about available services is understandable, accessible, and responsive to the needs of individuals throughout the region. Outreach strategies and partnerships with community organizations will be important to ensure older adults and

caregivers are aware of available services and understand how to access them.

In considering the overall implications for AAANWCO for funding and service needs, the combination of an increasing 75+ population, continued levels of poverty, and a large rural population suggests that demand for aging services will grow faster than population numbers alone might indicate. These projections support the need for continued—and ideally expanded—investment in OAA and State Funding for Senior Services (SFSS). Several services within the region continue at capacity or near capacity, with some maintaining a waitlist. At the same time, the cost of providing services has increased since the previous four-year Area Plan. Without additional funding, AAANWCO will face increasing challenges in maintaining current service levels while also meeting the needs of a growing older adult population. Maintaining existing funding levels may allow AAANWCO to preserve current service capacity but is not expected to fully address the projected increase in demand. AAANWCO will continue to prioritize the preservation of core services while advocating for increased federal and state funding dedicated to the OAA and SFSS.

According to the OAA, Area Agencies on Aging (AAAs) are required to target services to older adults and family caregivers with the greatest economic need. The OAA defines greatest economic need as a need resulting from an income level at or below the Federal Poverty Level but also provides flexibility for AAAs to consider additional factors that affect an individual's financial security.

The following data are drawn from the Region 11 Aging Data Profile, unless otherwise noted. Income alone does not fully reflect economic hardship in Northwest Colorado. The annual income needed to meet basic living expenses varies considerably across the four counties. For example, a single older renter in good health needs approximately \$33,768 annually in Garfield County compared with \$28,116 in Rio Blanco County, reflecting a cost of living that is approximately 20% higher in Garfield County. Expenses increase even further for individuals in poor health or those with a mortgage. Housing affordability also contributes to economic hardship beyond traditional poverty measures. Across the PSA, 51.2% of older renter households spend more than 30% of their

income on rent, while 28.8% of older homeowner households spend more than 30% of their income on housing costs. These data demonstrate that geography, housing costs, and the local cost of living can significantly affect an older adult's economic security. Therefore, the AAANWCO will consider both income and regional cost-of-living factors when identifying and prioritizing older adults with the greatest economic need.

In addition to individuals with greatest economic need, AAAs are directed to target older adults and family caregivers with the greatest social need, which results from noneconomic factors. In Northwest Colorado there are noneconomic factors that need to be taken into consideration: rural and geographical isolation, lack of transportation, physical and cognitive disabilities, living alone and social isolation, housing instability, food insecurity, and language barriers. With 22.9% of older adults living in rural areas, geographic isolation limits access to healthcare, transportation, grocery stores, social activities, and supportive services. This finding is consistent with the AAANWCO's community conversations, where transportation was identified as the most common barrier to remaining independent. Six point three percent of households 65+ do not own a vehicle in the region. These factors can limit access to essential services and increase the risk of social isolation and difficulty aging in place. Thirty-two point eight percent of adults age 65+ are living with a disability in the region. Living with a disability can restrict an individual's ability to perform normal or routine daily tasks, which makes it difficult to live independently. Forty-one point six percent of adults aged 65+ live alone, 15.4% report feeling lonely at least sometimes, and 8.8% rarely or never receive needed emotional support in the region. Social isolation and living alone are associated with an increased risk of poor nutrition and food insecurity among registered older adults in Colorado's State Unit Database System (SUDS) (Most in Need presentation). As mentioned in the previous paragraph, 51.2% of older renter households spend more than 30% of their income on rent, while 28.8% of older homeowner households spend more than 30% of their income on housing costs in the region. Having a high cost burden for housing creates housing instability for individuals. Nine point seven percent of adults age 60+ in the region worry about money for meals. Food insecurity can cause severe health problems, worsen chronic diseases, and create mental health problems. Twelve point four percent of older adults age 60+ identify as people of color. With that in

mind, some of these older adults could experience a language barrier. Having this barrier may make it difficult to access basic services and create isolation. Collectively, these factors can limit an individual's ability to perform routine daily activities, access needed services, maintain social connections, and live safely and independently in the community. Therefore, the AAANWCO will consider these noneconomic factors when identifying and prioritizing older adults and family caregivers with the greatest social need.

From July 2022 through June 2026, participants served through AAANWCO-contracted providers had an average age of 76.4 years. Of those served, 43.6% lived in a rural area, 51.6% lived alone, and 37.7% lived at or below 100% of the federal poverty level. Among individuals screened for nutrition risk, 60.2% were identified as being at high nutritional risk, and among those screened for activities of daily living (ADLs), 33.1% had three or more ADL limitations (Region 11 AAA Client and Service Lookback). These characteristics demonstrate that the individuals served by AAANWCO over the past four years reflect many of the populations identified as having the greatest economic and social needs in the PSA. Given the region's projected demographic trends and the needs identified through Community Conversations, these characteristics and associated service needs are expected to remain relevant throughout the next four years.

Currently, the AAANWCO does not have a volunteer program. Several years ago, the AAANWCO piloted a volunteer long-term care ombudsman program; however, it was not sustained following staff turnover within the program. The AAANWCO remains committed to utilizing volunteer long-term care ombudsmen in the future and continues to refer interested individuals to the State Long-Term Care Ombudsman program for volunteer training opportunities. Volunteers remain a critical resource for delivering services across the state's geographically largest PSA. The AAANWCO recognizes the significant value volunteers bring to both service providers and the communities they serve. While the AAANWCO does not directly manage a volunteer program, many contracted providers rely heavily on volunteers to expand service capacity and meet the needs of older adults. For many providers, volunteers are essential to daily operations.

AAANWCO-contracted service providers currently engage approximately 659 volunteers who support services including:

- Adult Day Care
- Caregiver Home Delivered Meals
- Congregate Meals
- Evidence-Based Disease Prevention & Health Promotion
- Home Delivered Meals
- Information & Assistance-SHIP
- Material Aid-Home-Delivered Meals
- Reassurance
- Senior Centers
- Transportation

Examples of contracted providers utilizing volunteers include Garfield County Older Adult Programs, Grand River Hospital Meals on Wheels, High Country Volunteers, Hilltop Aging and Disability Resource for Colorado (ADRC), Meals on Wheels of Mesa County, Senior Daybreak of Hilltop, Senior Social Center of Craig, Intermountain Health Community Connections, White River Roundup, and Valley Meals and More.

Since the previous Area Plan, contracted providers have increased their volunteer capacity by 17% (from 562 to 659). With the older adult population in the AAANWCO service area projected to increase by 6.4% over the next four years, providers will likely need to maintain or modestly expand their volunteer workforce to meet growing demand for services. Volunteers will continue to play an essential role in supporting older adults throughout the region.

D. Needs Assessment & Priorities

Area Agency on Aging of Northwest Colorado (AAANWCO) identified the region's unmet needs and priorities through an analysis of the Region 11 Aging Data Profile, Region 11 AAA Client and Service Lookback, client survey results, and Community Conversations. Across these sources, consistent themes emerged regarding the

barriers older adults face in remaining safely and independently in their homes and communities. These barriers are interconnected; for example, limited transportation can restrict access to healthcare, nutrition, employment, social activities, and other essential services. Similarly, limited availability of in-home support can increase caregiver burden, contribute to social isolation, and make it more difficult for an older adult to remain safely at home.

Overall, the greatest unmet need in the Planning and Service Area (PSA) is not a single service, but access to the interconnected supports that enable older adults to remain safely and independently in their homes and communities. Based on the assessment of community needs, AAANWCO has identified six priority areas for the four-year planning period: transportation and mobility; aging in place and in-home supports; nutrition and food security; social connection; information, assistance and service navigation; and caregiver support. Housing affordability and accessibility, economic insecurity, rural geography, disability, and the rapidly growing population age 80 and older are cross-cutting factors that increase the need for these supports.

Transportation and Mobility

Transportation is the most significant unmet need identified throughout the PSA. Every community participating in the Community Conversations identified transportation as a barrier, and participants described how transportation limitations affect access to healthcare, nutrition, employment, social activities, and other community resources. Transportation was ranked as the third most important service by survey respondents, and 16% reported that they do not have reliable transportation.

Transportation resources vary across the region. Garfield and Rio Blanco Counties operate transportation programs for older adults, while AAANWCO contracts with Moffat County and Hilltop Community Resources in Mesa County to provide transportation. Most counties also have access to rideshare programs and taxis, while Garfield and Mesa Counties have public bus systems. Despite these resources, transportation remains an unmet need, particularly in rural communities where distance, limited routes, weather, and availability of evening and weekend transportation can make existing services difficult to access.

AAANWCO will continue to prioritize transportation as a foundational support for aging in place. The agency will maintain transportation services and work with contracted providers and community partners to identify opportunities to improve access, coordination, and awareness of available transportation resources. The AAANWCO will explore innovative strategies and identify additional funding opportunities.

Aging in Place and In-Home Supports

The ability to obtain assistance with daily activities and maintain a safe home environment is another significant need identified throughout the region. Community Conversation participants identified home care, homemaker services, caregiver support, home modifications, yard maintenance, minor home repairs, and companion services as practical resources that allow older adults to remain safely in their homes. Fifteen percent of survey respondents reported needing more help in their home, and a voucher for homemaker assistance was tied as the sixth most important service offered by AAANWCO.

The availability of workers to provide in-home assistance is also a concern. The Region 11 Aging Data Profile identifies only 23.4 home health and personal care aides per 1,000 adults aged 60 and older in the region. Although not every older adult requires these services, the limited workforce creates challenges for individuals who need assistance and for family caregivers who may otherwise have to provide that care.

AAANWCO will continue to support aging in place through consumer-directed vouchers and other available in-home services. The consumer-directed model provides older adults with greater flexibility and choice in identifying individuals who can provide needed assistance. AAANWCO will also continue to work with community partners to identify strategies for addressing gaps in the availability of in-home support.

Nutrition and Food Security

Nutrition will remain a priority for AAANWCO. Older Americans Act nutrition programs help reduce hunger and food insecurity, promote socialization, and support healthy aging. Nutrition is also one of the largest areas of AAANWCO's service delivery,

accounting for nearly half of the agency's grant funding and the largest number of service units and clients.

AAANWCO funds congregate meals, grab n' go meals (as needed), home-delivered meals, and material aid-home-delivered meals through contracted providers throughout the region. These programs provide more than food; they can also serve as an important point of social connection and an opportunity to identify other needs and connect older adults with additional services.

Despite the availability of nutrition programs throughout the PSA, food insecurity and financial pressure remain concerns identified through both the Community Conversations and survey responses. AAANWCO will continue to prioritize nutrition services and target available resources toward older adults experiencing the greatest economic and social need.

Social Connection and Community Engagement

Social isolation remains a significant unmet need, particularly in rural communities where transportation limitations and geographic distance can reduce opportunities for social engagement. Community Conversation participants identified loss of a spouse, reduced mobility, geographic isolation, weather, technology barriers, transportation, and mental health as factors contributing to isolation.

Regional data supports these concerns. Approximately 41.6% of adults aged 65 and older live alone, 15.4% report feeling lonely at least sometimes, and 8.8% rarely or never receive needed emotional support. Eighteen percent of survey respondents reported feeling isolated.

Resources that promote social connection are available throughout the region, including congregate and home-delivered nutrition programs, senior centers, recreational activities, group classes, social events, evidence-based disease prevention and health promotion programs, senior companion programs, adult day programs, and volunteer opportunities. However, access to these opportunities is not consistent across the region, and individuals who lack transportation, live in rural communities, or have mobility limitations may have difficulty participating.

AAANWCO will continue to prioritize social connection by supporting programs that provide opportunities for older adults to interact with others, participate in their communities, and maintain meaningful social relationships. The agency will also continue to recognize social connection as an important component of nutrition, transportation, in-home services, and other programs.

Information, Assistance, and Service Navigation

Access to services is itself an unmet need. Many older adults and caregivers are unable to use available resources because they do not know what services exist or need assistance navigating complex systems. Twenty-seven percent of survey respondents reported that they did not know what services or supports were available to them. Community Conversation participants similarly reported that older adults “don’t know where to go for help,” “we don’t know what is available,” and “where to find resources.”

AAANWCO will continue to use the Aging and Disability Resources for Colorado (ADRC) as the primary access point for information and assistance, options counseling, and connections to community resources. ADRC will remain an important mechanism for helping older adults, caregivers, and individuals with disabilities identify available supports and navigate systems of care. Increasing awareness of available services through outreach, community partnerships, and other communication strategies will remain an important component of AAANWCO's overall approach. To optimize service delivery and streamline the client experience, the AAANWCO is transitioning to a single ADRC contracted provider model. This will provide greater consistency, simplify service navigation for older adults, and improve operational efficiency.

Caregiver Support

Family and friends provide a significant amount of unpaid care to older adults and other individuals who need assistance. Community Conversation and survey participants identified caregiving as an important issue throughout the region, and caregiver respite was ranked as the fourth most important service by survey respondents. The Region 11 Aging Data Profile indicates that 16.7% of adults age 18 and older provide regular care to an adult friend or family member.

The limited availability of paid caregiving and in-home support workers places additional pressure on family caregivers, particularly in rural communities where fewer formal resources may be available. Caregivers may need respite, education, training, information, and assistance connecting to other community resources.

AAANWCO will continue to support caregivers through respite, supportive services, education, training, and information and assistance. Caregiver needs will also be considered when planning and delivering in-home, nutrition, transportation, and other services because supporting caregivers can help older adults remain safely in their homes and communities.

Cross-Cutting Needs: Housing and Economic Security

Housing affordability and accessibility are significant factors affecting the ability of older adults to remain in their homes and communities. Community Conversation participants described shortages of affordable housing, lengthy waiting lists, a lack of accessible housing, and increasing housing costs. Many older adults reported difficulty downsizing while remaining in their communities, while renters face increasing costs that may outpace fixed incomes.

The Region 11 Aging Data Profile indicates that 51.2% of older renters and 28.8% of older homeowners are housing cost-burdened. The region also has only 1,636 federal income-based housing units designated for older adults, demonstrating a significant gap in the availability of affordable senior housing.

AAANWCO does not receive funding to directly address the region's housing shortage. However, housing affordability and accessibility directly affect the ability of older adults to age in place. AAANWCO will therefore continue to participate in regional housing planning and community partnerships and advocate for consideration of the needs of older adults in housing discussions.

Economic insecurity is similarly a cross-cutting concern. Community Conversation participants consistently reported increasing difficulty paying for housing, utilities, food, insurance, prescriptions, healthcare, and other basic expenses. Seventeen percent of survey respondents reported that their income does not cover basic expenses and/or

that they worry about having enough money for food. The Region 11 Aging Data Profile also indicates that 23.4% of older adults age 65+ live at or below 185% of the federal poverty level, while projections indicate that 21.9% of the 60+ population will fall within this income range in 2031.

These findings demonstrate the importance of targeting limited resources toward older adults experiencing the greatest economic and social need. AAANWCO will continue to use available data and program requirements to prioritize individuals and communities with the greatest need when allocating services and resources.

Emerging Issue: Growth of the Population Age 80 and Older

The rapid growth of the region's oldest population is an emerging issue that will affect all of the priorities identified in this Area Plan. According to the Colorado State Demographer's Office, the population age 80 and older is projected to increase by approximately 30%, from 12,911 individuals in 2027 to 16,810 in 2031.

As the population ages into the 80+ age group, the demand for supports that help individuals remain safely and independently in their homes and communities is expected to increase. This demographic shift will have implications for transportation, nutrition, in-home services, caregiver support, social connection, and information and assistance. The projected growth reinforces the importance of maintaining strong community-based services and planning for increasing demand even when overall funding and service capacity remain limited.

Overall Priorities

Taken together, the demographic data, service utilization, client survey results, and Community Conversations demonstrate that Region 11's greatest unmet need is access to the interconnected supports that allow older adults to remain safely and independently in their homes and communities.

For the 2027–2031 planning period, AAANWCO will prioritize:

1. **Transportation and mobility** to improve access to healthcare, nutrition, employment, social engagement, and other essential resources.

2. **Aging in place and in-home supports** to help older adults remain safely in their homes and maintain independence.
3. **Nutrition and food security** to reduce hunger and food insecurity while also supporting health and social connection.
4. **Social connection and community engagement** to reduce isolation and support meaningful participation in the community.
5. **Information, assistance, and service navigation** to ensure older adults and caregivers know about and can access available resources.
6. **Caregiver support** to strengthen the capacity of family and other unpaid caregivers to continue providing care.

These priorities will be implemented with consideration for the cross-cutting effects of rural geography, economic insecurity, housing affordability and accessibility, disability, and the projected growth of the population aged 80 and older. Given limited resources, AAANWCO will continue to focus available funding and partnerships on older adults and caregivers with the greatest economic and social need and on services that have the greatest potential to support independence, health, safety, and quality of life.

E: Services & Service Delivery Strategies

The Area Agency on Aging of Northwest Colorado's (AAANWCO) service system addresses the identified needs and priorities through a coordinated network of Older Americans Act (OAA) and State Funding for Senior Services (SFSS) -funded programs and community partnerships. Services such as transportation, nutrition, in-home support, information and assistance, legal services, and caregiver support help address barriers to remaining safely and independently in the community. AAANWCO will continue to prioritize access for older adults experiencing the greatest economic and social needs, while working with contracted providers and community partners to identify service gaps, strengthen coordination, and adapt service delivery to the geographic and demographic needs of Northwest Colorado.

AAANWCO plans to provide the following services. Please refer to Attachment E for more specific information.

Access Services:

- Aging and Disability Resource for Colorado (ADRC) - Case Management; Options Counseling
- Information & Assistance; Information & Assistance State Health Insurance Assistance Program (SHIP)
- Outreach
- Transportation; Transportation - Voucher

Caregiver Services:

- Home Delivered Meals (Supplemental Services)
- Material Aid (Supplemental Services)
- Public Information
- Caregiver Respite - Caregiver In-Home Respite – Voucher
- Caregiver Respite - Caregiver Out-of-Home (Day) Respite
- Training
- Transportation (Supplemental Services)

In-Home Services:

- Chore – Voucher
- Homemaker - Voucher
- Personal Care - Voucher
- Reassurance; Reassurance - Voucher

Nutrition:

- Congregate Meals
- Home-Delivered Meals
- Material Aid-Home Delivered Meals
- Grab N' Go Meals (as needed)

Health & Wellness:

- Evidence-Based Disease Prevention and Health Promotion
- Screening

Legal Assistance

Material Aid- Voucher

Long-Term Care Ombudsman

Senior Center Operations

To ensure these services are accessible to older adults and family caregivers throughout the region, AAANWCO monitors service utilization, participant needs, and service delivery to identify gaps and inform planning.

Access:

The AAANWCO will use participant demographics, service utilization data, client feedback, regional demographic data, and program and financial data to monitor and demonstrate progress in providing services to individuals and family caregivers with the greatest economic and social need. Key data elements will include participant poverty status, age, rural residence, living arrangement, disability, and other available demographic and socioeconomic characteristics, as well as service utilization, unduplicated clients, geographic distribution of services, length of time individuals receive services, and identified unmet needs. Available data will be reviewed annually to determine whether services are reaching populations experiencing economic hardship, geographic and social isolation, disability, transportation barriers, housing instability, food insecurity, and other factors that may limit access to services and the ability to age safely and independently in the community. The AAANWCO will use these data, along with client feedback, provider feedback, and regional demographic information, to identify gaps in access, evaluate service effectiveness, inform outreach and service planning, and adjust strategies as needed throughout the four-year Area Plan period.

Coordination and Collaboration:

The AAANWCO serves not only as a funder of aging services, but also as a community convener and coordinator, working with service providers, community organizations,

and government agencies to promote a comprehensive and integrated service delivery system. The AAANWCO participates in Council on Aging meetings throughout the region, providing opportunities to build and maintain relationships with local service providers and community organizations while identifying emerging community needs, service gaps, available resources, and opportunities for collaboration. The AAANWCO also participates in an Adult Protection Review Team, where professionals from multiple disciplines come together for case consultation, process review, interagency coordination, and community education.

The AAANWCO attends monthly Council of Governments meetings with the Associated Governments of Northwest Colorado (AGNC), where the AAANWCO is a standing agenda item and provides updates regarding aging services, needs, and resources to local elected officials throughout the region. At the request of service providers, the AAANWCO also attends Board of County Commissioners meetings as needed to provide education and information regarding the needs of older adults and available services. At the state level, the AAANWCO participates in the Colorado Department of Human Services (CDHS) Aging and Adult SubPAC, which provides an opportunity to share information, identify statewide and regional issues, and communicate promising practices and resources among Colorado's Area Agencies on Aging. Through these ongoing partnerships, the AAANWCO is able to share information, coordinate responses to identified needs, strengthen connections among service systems, and help ensure older adults and family caregivers can access appropriate services and support.

In the event of a major disaster declaration or public health emergency, the AAANWCO will coordinate with local emergency management agencies and other identified community partners to support continuity of services for older adults and family caregivers. The AAANWCO has established contact with local emergency management agencies and identified key coordinating partners, as outlined in Attachment F. The AAANWCO will communicate with contracted service providers regarding emergency conditions, changes in service delivery, participant needs, and applicable state and

federal guidance. Services will be maintained or adapted based on the nature of the emergency, available resources, and public health and safety requirements.

The AAANWCO's experience during the COVID-19 pandemic demonstrated the ability of the agency and its contracted providers to adapt service delivery while maintaining essential supports. If another major disaster declaration or public health emergency occurs, home-delivered meals will be maintained whenever possible, while congregate meals may transition to grab n' go or other appropriate delivery models.

Evidence-based disease prevention and health promotion programs may transition to virtual or other alternative formats when permitted by the program's licensing organization. ADRC, Information and Assistance, Information and Assistance SHIP, and Legal Assistance services may be provided by telephone or virtually when in-person services are not feasible. Contracted providers may also conduct telephone reassurance or wellness check calls to identify emerging needs, social isolation, food insecurity, or other concerns and connect participants to available resources. The AAANWCO and contracted providers will continue to follow applicable state and federal emergency, public health, and program requirements while adapting service delivery to ensure essential services remain accessible to older adults and family caregivers.

Targeting, Outreach and Engagement:

Due to three out of the four counties being considered rural, the use of consumer-directed vouchers with ADRCs serving Garfield, Mesa, Moffat, and Rio Blanco counties has allowed the AAANWCO to better accommodate service delivery where there are not any service providers or providers are at capacity. In State Fiscal Year 2026 through contracted providers, 48% of individuals who received services resided in rural areas.

Over the past four years, AAANWCO has conducted outreach to community organizations and groups serving populations that may experience barriers to accessing aging services, including veterans, individuals with disabilities, individuals experiencing homelessness, individuals with limited English proficiency, and other underserved populations. Most contracted providers have Spanish-speaking staff and have

translated marketing materials into Spanish. The AAANWCO also had its brochure translated into Spanish. In State Fiscal Year 2026 through contracted providers, 7% of individuals who received services reported an ethnicity other than white and 3% spoke another language at home other than English.

The AAANWCO has dedicated pages on the AGNC and Mesa County Department of Human Services websites that can provide information to older adults, adult children, and caregivers. Additionally, the AAANWCO has a Facebook page in order to share information and resources throughout the region. In State Fiscal Year 2026 through contracted providers, 27% of individuals who received services were at or below the poverty level.

The AAANWCO requires service providers to have an annual outreach plan and to track program objectives. The AAANWCO monitors outreach activities as well as tracking program objectives. The AAANWCO will use a variety of media outlets (flyers, newspaper, radio, and social media) to raise additional awareness of services provided.

AAANWCO and contracted providers will expand outreach by making information available through local libraries, disability-serving organizations, and other community locations.

Waitlist Strategies:

The AAANWCO requires service providers to develop a waitlist policy that aligns with the State Unit on Aging (SUA) Policies and Procedures Manual as well as CDHS Volume 10. Waitlist procedures must ensure that OAA targeted populations are a priority and that individuals in emergency situations where the health, safety, and welfare of the applicant is in jeopardy will be given priority. Contracted providers use a prioritization worksheet that looks at a variety of items depending on the service: age, living alone, ethnicity/race, poverty status, activities of daily living, instrumental activities of daily living, disabilities, and whether they are already receiving assistance with meals. Individuals who have higher scores are prioritized on the waitlists. The AAANWCO reviews the waitlist policy during on-site monitoring visits with providers and the actual

waitlist monthly during the reimbursement process. However, with funding constraints and an increasing older adult population, our agency is looking to update the waitlist process. We will be working collaboratively with the SUA as they develop “most in need” assessments, and we anticipate this will take some time over the next four years.

F: Financial Plan and Resource Allocation

As referenced in Attachment G, 42% of Older Americans Act (OAA) and State Funding for Senior Services (SFSS) funding in the next four years will go towards nutrition programs, 16.8% of funding will go towards information, assistance, and service navigation, 14.9% to Long-Term Care Ombudsman, 7% to caregiver support, 5.1% to evidence-based disease prevention & health promotion, 4.6% to in-home supports, 3.8% to legal services, 3.4% to transportation services, and 2.4% to senior center operations. Area Agency on Aging of Northwest Colorado (AAANWCO) is allocating funding based on the needs and priorities identified through the Area Plan needs assessment, while also considering OAA and SFSS funding requirements, existing provider capacity, and the availability of other resources. It should be noted that more funding was not allocated to transportation even though it was noted as a high priority. Transportation services can require significant upfront investments in vehicles, staffing, infrastructure, and coordination, as well as ongoing operating costs. The AAANWCO will continue to evaluate opportunities to strengthen transportation access through service coordination, innovative approaches, and additional funding resources. Specific transportation strategies and measurable objectives are outlined in Section H, Goals and Objectives. While the Long-Term Care Ombudsman program was not identified as one of the six priority areas, funding for the program will be maintained at an adequate capacity to serve the region’s 52 long-term care communities. Ombudsman services provide residents with an independent resource to address concerns, understand and exercise their rights, resolve complaints, and advocate for quality and person-centered care.

As referenced in Attachment G, AAANWCO’s Title III-B budget meets or exceeds all minimum adequate proportion requirements. Access services, including transportation,

outreach, and Information & Assistance, represent 30.2% of Title III-B funding, exceeding the required 25%. In-home supportive services, including homemaker, chore, and personal care, represent 15.2%, meeting the required 15%. Legal assistance represents 12.9%, exceeding the required 3%.

AAANWCO leverages OAA and SFSS funding by contracting with community providers that supplement AAA funding with grants, fundraising, private contributions, and other community resources. Most contracted providers receive less than half of their operating budget from AAANWCO funding. This allows OAA and SFSS funds to support services that otherwise may not be available while maximizing the reach and sustainability of the programs.

At this time, AAANWCO anticipates requesting \$0 in Title III-B and/or SFSS funding for Program Development or Coordination & Advocacy during the four-year period. Given limited funding, AAANWCO will prioritize direct services that address the needs and priorities identified in the Area Plan.

AAANWCO receives funding through the Colorado Department of Regulatory Agencies (DORA) to support the State Health Insurance Assistance Program (SHIP). These funds are specific to the Moffat and Rio Blanco counties SHIP program. Garfield and Mesa County SHIP programs receive their SHIP funds directly from DORA. Additionally, AAANWCO receives Federal Financial Participation (FFP) from the Colorado Department of Human Services that is provided to the State of Colorado as part of the federal government's matching share of state expenditures for running the Medicaid program. The FFP funds go directly to our ADRCs to help cover operation costs and provide additional voucher funding.

G: Quality Assurance and Provider Monitoring/Evaluation

The Area Agency on Aging of Northwest Colorado (AAANWCO) maintains a comprehensive quality assurance and program evaluation process to monitor contracted providers, and promote continuous quality improvement. At the beginning of each fiscal year, the AAANWCO creates monitoring forms within its monthly

reimbursement system, OAA-SYS. As part of the monitoring process, providers are also asked to submit supporting documentation, such as background and CAPS checks, temperature logs, health inspection reports, and other required records. Documentation requirements and the months selected for review may vary from year to year.

Once the monitoring materials are prepared, the AAANWCO contacts contracted providers to schedule onsite monitoring visits. Providers are given at least 30 days to complete the assessment forms in OAA-SYS and upload the requested documentation. Whenever possible, the AAANWCO reviews the completed assessment forms and supporting documents before the onsite visit to identify any questions or areas requiring clarification.

As a best practice, monitoring visits are conducted in person whenever feasible. In limited circumstances, such as illness or severe weather, visits may be conducted virtually if they cannot be rescheduled. During the monitoring visit, the AAANWCO reviews the assessment forms and supporting documentation with the provider and discusses any missing information or potential compliance concerns.

Following the visit, the AAANWCO sends a summary email identifying any outstanding documentation or corrective items, along with a deadline for submission, typically within two weeks. After all requested materials have been received and reviewed, the AAANWCO issues a monitoring letter summarizing the provider's strengths, any areas of concern, and any identified compliance issues.

Providers with compliance findings are required to submit a corrective action plan within 30 days of receiving the monitoring letter. The AAANWCO tracks corrective action plan due dates and monitors progress toward completing each required action. Follow-up reminders are provided as needed to support providers in meeting established deadlines. If a provider fails to address compliance issues or submit required documentation within the agreed-upon timeframes, the AAANWCO may withhold reimbursement until the compliance issues have been resolved.

The quality assurance team with the Mesa County Department of Human Services also

produces a quarterly evaluation report of providers. This quarterly report reviews the quality and accuracy of providers' invoices for reimbursement as well as timeliness, communication, and any necessary reports.

To further strengthen its quality assurance process, the AAANWCO will use information gathered through provider monitoring to identify trends and develop provider training based on those trends. This analysis will help identify system-wide needs, inform technical assistance efforts, and support the development of training resources and best practices to improve service delivery across all contracted providers. The AAANWCO will use this information to strengthen provider performance, promote consistency, and improve outcomes for older adults throughout the Planning and Service Area (PSA).

Additionally, the AAANWCO will evaluate its monitoring process to ensure it remains effective, efficient, and supportive of contracted providers. Providers will be encouraged to share feedback regarding the monitoring process, including the clarity of requirements, communication, timelines, and opportunities for improvement. The Director will consider this feedback, along with lessons learned during the monitoring cycle, when updating monitoring tools, documentation requests, and procedures for future fiscal years. This ongoing evaluation will help ensure the monitoring process remains collaborative, responsive, and focused on both compliance and continuous quality improvement.

The AAANWCO will measure the effectiveness, efficiency, and outcomes of its programs and services by reviewing the annual Performance Measure Survey results, analyzing annual service unit data, and evaluating the average length of time individuals are able to remain in their homes while receiving community-based services before transitioning to a long-term care community or otherwise exiting the program. These measures will help the AAANWCO evaluate participant satisfaction, service utilization, and program effectiveness, identify trends over time, and inform quality improvement efforts, contract monitoring, and future program planning.

The results of these evaluations will be used to improve program quality, guide technical assistance, strengthen provider performance, and ensure Older Americans Act services

continue to meet the changing needs of older adults throughout the PSA.

H. Goals and Objectives

The AAANWCO anticipates that demand for aging services will increase during the 2027–2031 planning period as the region's older population, particularly adults aged 80 and older, continues to grow. At the same time, the AAANWCO anticipates relatively flat Older Americans Act (OAA) and State Funding for Senior Services (SFSS) funding. Consequently, the Area Plan does not assume significant growth in the number of individuals served. Instead, the AAANWCO will focus on maintaining essential service capacity, prioritizing individuals with the greatest economic and social need, monitoring the length of time individuals receive community-based services, and maximizing the effective use of available resources.

Goal #1: Maintain and strengthen access to OAA core programs that support older adults and family caregivers in helping older adults remain safely and independently in their homes and communities despite increasing demand and limited resources.

- Objective #1: From July 1, 2027, through June 30, 2031, AAANWCO will annually monitor service utilization, demand, provider capacity, and unmet need for OAA- and SFSS-funded services and use the results to identify and address gaps in service access within available resources.
- Objective #2: By June 30, 2028, AAANWCO will establish baseline measures for the proportion of program participants experiencing identified greatest economic and social need and will monitor and maintain or improve those measures through June 30, 2031.
- Objective #3: By June 30, 2031, AAANWCO will monitor and compare the average length of time individuals receive community-based services before exiting due to admission to long-term care, relocation outside the State, or death, using SFY2028 as the baseline.
- Objective #4: From July 1, 2027, through June 30, 2031, AAANWCO will annually review OAA and SFSS funding utilization, service data, monitoring

results, and outcome data to identify opportunities to improve the efficiency and effectiveness of available resources and minimize avoidable funding carryover.

Goal #2: Maintain and improve access to transportation services in the region as funding and provider capacity allows.

- Objective #1: From July 1, 2027, through June 30, 2031, AAANWCO will identify and evaluate at least one alternative or innovative transportation strategy annually for communities with limited transportation options and document opportunities for implementation based on community need, provider capacity, and available resources.
- Objective #2: From July 1, 2027, through June 30, 2031, AAANWCO will provide or support at least four transportation-focused outreach or education activities annually and will monitor available utilization data to assess whether outreach is connecting older adults with transportation resources.
- Objective #3: From July 1, 2027, through June 30, 2031, AAANWCO will participate in or facilitate at least two transportation-focused coordination activities annually with transportation providers and community partners to support resource-sharing, referral coordination, and collaborative problem-solving.
- Objective #4: From July 1, 2027, through June 30, 2031, AAANWCO will identify and evaluate at least four transportation-related grant or funding opportunities annually and share relevant opportunities with transportation providers and community partners.

I: References

*Colorado State Demography Office, County Single Year of Age Lookup.

Colorado, Department of Human Services. [Region 11 Aging Data Profile](#). 2026.

*Colorado, Department of Human Services. [Region 11 AAA Client and Service Lookback](#). July 2022 - June 2026.

Colorado State Unit on Aging. *Most in Need June 2026 Training*. June 2026.
PowerPoint presentation.

Guirguis-Blake JM, Perdue LA, Coppola EL, Bean SI. Interventions to Prevent Falls in Older Adults: Updated Evidence Report and Systematic Review for the US Preventive Services Task Force. *JAMA*. 2024;332(1):58–69. doi:10.1001/jama.2024.4166

*U.S. Census Bureau (2025) 2020-2024 [American Community Survey](#), Table B01001; B01001B to B01001I; Table B17020

*U.S. Census Bureau, [2020 Decennial Census](#), provided by the State Demography Office using U.S. Census Bureau Classifications of urban and rural.

J: Attachments

- Attachment A: Evidence of Providing the Minimum Public Comment Period (pending completion of the public comment process)
- Attachment B: Area Plan Assurance and Activities (pending and will be included in final Area Plan)
- Attachment C: [Community Conversation Minutes and Attendance](#)
- Attachment D: [Resource Inventory](#)
- Attachment E: [Service Descriptions](#)
- Attachment F: [Emergency Preparedness](#)
- Attachment G: [2027-2031 Budget](#)
- Attachment H: [Section 212 Agreements](#)
- Attachment I: [Region 11 Aging Data Profile](#)
- Attachment J: [Region 11 AAA Client and Service Lookback](#)