



TRELLIS™

Area Agency on Aging

2023-2024 Draft Proposal for Title III-B Program Development & Coordination

Metropolitan Area Agency on Aging, Inc., D/B/A as “Trellis” will submit a proposal to the Minnesota Board on Aging for use of 25 percent of its allocated Title III-B (Supportive Services) Older Americans Act funds for Program Development and Coordination Activities for 2023 and 2024. These activities will have a direct and positive impact on services for older persons in the metropolitan region of Minnesota.

The following items detail specific strategies that Trellis proposes to deploy related to each of four goals set out by the Minnesota Board on Aging. These strategies align with direction from the Board on Aging for Program Development and Coordination Activities. We welcome consideration of these strategies and the public’s comments and suggestions for change.

Goal 1: Leverage the experience, expertise and energy of older Minnesotans

- Meet with Senior Corps grantees operating in our planning and service area to understand their goals and discuss opportunities for collaboration.
- Trellis will work with employers to support existing employees and caregivers on “Medicare Essentials” and how the Senior LinkAge Line can be a helpful resource.

Goal 2: Equip older Minnesotans with the tools to take charge of their health and make informed decisions about services when they need them

- Trellis staff will continue to provide technical assistance to the Title III subrecipients that have implemented Consultation, Nutrition Education, and Visiting. We will share the impact of those services with our Board to determine funding priorities for these services in our 2023 Title III funding competition.
- For the first time in 2023, Trellis will compete all Title III services in one year. We will continue efforts to make the next application process more inclusive, and easy to understand, with the goal of inviting new service providers from historically underserved communities.
- Trellis staff will support the outreach and implementation efforts to build a network of ElderVention leaders that will lead the evidence-informed support group model for individuals who live with a hoarding disorder.
- Trellis will continue to participate in the MN Leadership Council on Aging as a member and board member, including participation in the Diverse Elders Coalition to help advocate for diversity, equity, and inclusion in older adult services across Minnesota.

Goal 3: Support families and friends in their caregiving roles

- In collaboration with the Minnesota Board on Aging (MBA), and other area agencies on aging in Minnesota, Older Americans Act staff and Senior LinkAge Line colleagues will work together and with

external partners to share information about Trualta and how the self-paced learning system is supported by a local Caregiver Consultant.

- Trellis will continue to offer Caregiver Consultation Basic Training and Powerful Tools for Caregivers Class Leader training to at least ten (10) professionals in the metro region.
- Support communities pursuing dementia-friendly activities to develop or expand caregiver support services.
- Trellis staff will continue to support the development of Grandparent caregiving programs at Minneapolis American Indian Center and Division of Indian Work as they build formal and informal support networks that offer emotional and respite support to grandparents in a culturally appropriate manner.
- Continue facilitation and support of the Metropolitan Caregiver Service Collaborative to share educational opportunities, connect providers to one another and share local resources, funding and training opportunities in support of caregivers and the professionals that support them.

Goal 4: Support aging in community with access to a range of services and housing options

- Trellis leadership will support the senior meals advocacy efforts led by the Minnesota Association of Area Agencies on Aging at the state and local levels. Trellis will reach out to the Governor's office as well as to local elected officials to make senior meals a funding priority of ARPA dollars as well as longer-term sustained funding options.
- Trellis will bring community leaders, housing experts and policy influences together to discuss the housing needs of older adults, preventing homelessness and building age-friendly communities through an Age-Friendly Housing Symposium that will develop the top five housing advocacy goals for older adults in the metropolitan region.
- Continue support and facilitation of the monthly Community of Learning sessions where individuals can discuss topics related to Alzheimer's and dementia-related illness and caregiving. Trellis provides the platforms to support a meaningful discussion around learnings, concerns and best practices.
- In partnership with the City of Minneapolis, assist the city to implement the recommendations of their Age-Friendly assessment, conducted in 2022. The Senior LinkAge Line's outreach team will work to educate council members and residents about resources to expand awareness of programs and services for seniors, and how to engage local stakeholders to build an Age-Friendly city.
- Continue to implement measures to become a more equitable funder of services for Native and minority older adults and caregivers.
- Pilot a comprehensive competitive funding process across Titles III-B, III-C, III-D, and III-E in 2023.
- Review the impact of funding for Consultation, Nutrition Education, and Visiting, services newly funded for 2022.