

# Vermont's Area Agencies on Aging

Five Independent Non-profit Organizations Providing Statewide Services to Seniors  
HELPING VERMONTERS AGE WITH INDEPENDENCE AND DIGNITY

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## Providing Essential Services

Helping Seniors Connect with the Supports in Their Communities



- Answering more than 50,000 inquiries each year.
- Serving more than 1.1 million senior meals.
- Assisting nearly 15,000 Vermont seniors with health insurance and Medicare Part D issues.
- Providing in-home assistance to nearly 9,000 Vermont seniors and their families.
- Providing respite grants and support to hundreds of family caregivers in Vermont.
- Offering exercise programs and counseling to manage chronic health conditions.
- Serving as a key partner in the delivery of services for the Choices for Care program.

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## The Benefits of Public Investment During Challenging Economic Times

Simply put, dollars invested in community-based long term care services save money by avoiding the need for more expensive forms of medical and institutional care.

**Senior Meals** - According to the Nutrition Screening Initiative (NSI) Research Study:

- For every \$1 invested in senior nutrition programs, \$3.25 is saved in health care costs.
- The average cost of treating a malnourished older adult during a hospital stay is approximately four times greater than the costs of caring for a senior who is well-nourished (\$12,683 versus \$2,968.)
- The Kaiser Permanente group has found that nutrition screening and intervention can reduce hospital utilization rates for older adults by 25% - 45%.

**Case Management** -

- Frail seniors who are able to remain living at home require far less state funded support than those living in nursing homes.
- Casework assistance with the management of chronic disease helps reduce utilization of in-patient hospital care and the need for institutional placement.

**Health Promotion/Injury Prevention** -

- Exercise, wellness and injury prevention programs work! These programs are cost effective and save hundreds of thousands of dollars in medical and long term care each year.