



**Upper Cumberland  
Development District**  
Program Guide

# TENNESSEE'S UPPER CUMBERLAND



## UPPER CUMBERLAND DEVELOPMENT DISTRICT

The Upper Cumberland Development District is a governmental agency created by the Tennessee General Assembly to administer regional programs to the fourteen counties of the Upper Cumberland region of Tennessee: Cannon, Clay, Cumberland, DeKalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Van Buren, Warren and White.

For more than fifty years, our organization has been serving the residents of this region by providing solutions through regional cooperation and it is our belief that the fourteen counties, along with the many municipalities contained within, are made stronger through regional cooperation and shared resources.

## DEVELOPMENT DISTRICT MISSION

- The Upper Cumberland Development District will provide superior assistance to local governments, independently or in conjunction with other local, state and federal agencies that operate with the same intent as ours, to improve the quality of life for all of our citizens.

## DEVELOPMENT DISTRICT VISION

- Our vision is to make sustainable economic and community development a priority in all the communities of the Upper Cumberland region by providing professional assistance through existing programs, as well as providing new, innovative techniques and programs which assist these communities in an ever-changing environment.



# UCDD

## OFFICE LOCATION

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At the Upper Cumberland Development District, we are passionate about helping people. Through our wide array of services, we connect individuals, families, businesses and local officials with resources they need to improve their quality of life. Our office is located in the heart of Tennessee's Upper Cumberland, Cookeville, Tenn.



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**UPPER CUMBERLAND  
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» **AREA AGENCY ON AGING & DISABILITY**

The Upper Cumberland Area Agency on Aging and Disability (AAAD) offers a wide array of programs and services for individuals over the age of 60 and other adults with disabilities. In addition to providing services, the AAAD works to ensure that the services are tailored to best meet the needs of each client.

» **CONGREGATE NUTRITION**

The congregate nutrition program provides a nutritious lunch to older adults in each of the fourteen counties. There are 17 congregate meal sites throughout the Upper Cumberland co-located at the senior centers.

» **HOME AND COMMUNITY-BASED SERVICES (HCBS)**

HCBS provides eligible adults age 60 and over and adults age 18 and over with physical disabilities who are at risk of entering long-term care facilities the option of receiving services in their homes or in a community setting. Home and Community-Based Services are state-funded (OPTIONS for Community Living) and federally-funded (Older Americans Act Title III). Priority is given to those with greatest economic and social need.





# UCDD DEPARTMENT OVERVIEW

## » INFORMATION & ASSISTANCE

AAAD serves as the Aging and Disability Resource Center (ADRC) for adults age 60 and over, adults with disabilities, caregivers, and agencies or organizations seeking information on behalf of an individual regarding services and programs to meet their needs. AAAD/ADRC maintains a resource database containing up-to-date and accurate information about community resources. An individual may contact the AAAD/ADRC for Information & Assistance through email, personal visit or telephone (1-866-836-6678).

## » NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

National Family Caregiver Support Program (NFCSP) provides assistance to family caregivers and grandparents or other relative caregivers. Family members are the primary providers of long-term care for older adults and adults with disabilities in the United States rather than social service agencies, nursing homes or government programs. These informal caregivers provide unpaid help to those who live in the community and have Activities of Daily Living (ADL) limitations such as bathing, transferring, eating, dressing and walking.

## » OLDER AMERICANS ACT (OAA): TITLE IIIB & C2

Provides eligible individuals age 60 and over with home-delivered meals and homemaker services.

## » OPTIONS FOR COMMUNITY LIVING

Provides eligible individuals age 18 and over with home-delivered meals, homemaker and personal care services.

## » PUBLIC GUARDIANSHIP

The Tennessee Commission on Aging and Disability administers the Public Guardianship for the Elderly Program, in cooperation with AAAD, in each of the nine planning and service areas of Tennessee. The statewide program is designed to aid persons 60 years of age and older who are unable to make financial or medical decisions and have no family member, friend, bank or corporation willing and able to act for them.

» **SENIOR MEDICARE PATROL (SMP)**

SMP empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. In Tennessee, UCDD/AAAD holds the statewide SMP contract. UCDD contracts with the eight other regions to provide SMP services.

» **SENIOR (PLANNING AND RESOURCES FOR EMERGENCY PREPAREDNESS) P.R.E.P.**

Senior P.R.E.P. is a program designed to raise awareness of the importance of individual emergency preparedness for Tennessee's senior population, sponsored by the Upper Cumberland AAAD. Seniors and caregivers are educated on life-saving steps to take in preparing for various disasters. Senior P.R.E.P. brochures are available which provide information about emergency tips, items that should be included in an emergency preparedness bag/kit, how to prepare for individuals with disabilities, planning tips for pets, information about shelters and contact information for assistance during a disaster.

» **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

SNAP provides Americans struggling to make ends meet with assistance to purchase food for their families. Each month, SNAP helps 3 million low-income seniors (age 60+) put food on the table. Most households must meet an income and a resource test for SNAP. However, some people are automatically eligible for SNAP because they get Supplemental Security Income (SSI).

» **TENNCARE'S CHOICES**

TennCare's CHOICES in Long-Term Services and Supports (LTSS) program provides eligible aging adults and adults with physical disabilities with needed services and supports in the home/community setting or nursing facility. AAAD serves as the single point of entry for individuals and families seeking information about CHOICES including institutional and Home and Community-Based Services (HCBS).



# UCDD DEPARTMENT OVERVIEW

## » **TRANSPORTATION**

AAAD contracts with senior centers and the Upper Cumberland Human Resource Agency (UCHRA) to coordinate and provide public transportation services for adults age 60 and over with priority given to those of greatest economic and social need.

## » **UPPER CUMBERLAND SENIOR CENTERS**

Senior centers facilitate the social, emotional and physical well-being of Tennessee's adults age 60 and over as part of a comprehensive and coordinated system of community-based services and activities. Senior centers provide access to community resources that maintain independence and wellness. AAAD serves as the agency designated by the Tennessee Commission on Aging and Disability (TCAD) to administer a comprehensive and coordinated system of services for adults age 60 and over and adults with disabilities, including senior centers.

## » **COLLABORATIVE RESPONSE TO END SELF-NEGLECT IN TENNESSEE (CREST)**

Collaborative Response to End Self-Neglect in Tennessee (CREST) serves older and vulnerable adults as allowed by the American Rescue Plan Act (ARPA). Clients are referred by Adult Protective Services (APS) and need emergency services due to self-neglect. CREST will respond to the emotional and physical needs of the client to help stabilize their lives and reduce the risk of harm. CREST is funded through a grant administered by Adult Protective Services.

## » **COLLABORATIVE RESPONSE TO ELDER AND VULNERABLE ADULT ABUSE (CREVAA)**

Collaborative Response to Elder and Vulnerable Adult Abuse (CREVAA) serves elders 60 and over and vulnerable adults aged 18 to 59 who have suffered an alleged crime. All services that are delivered must be related to the crime that was committed and may be referred by Adult Protective Services (APS), law enforcement, victim-witness coordinators, or other related agencies. The CREVAA Program addresses both emotional and physical needs and helps to assist victims in understanding and participating in the criminal justice system while providing a measure of safety and security. The CREVAA Program is administered through a contract with the Office of Criminal Justice Programs (OCJP) and receives funding from the Victims of Crime Act of 1984 (VOCA).

## » **ECONOMIC DEVELOPMENT**

UCDD employees are well equipped to assist communities in economic development efforts through a wide variety of services. Our staff recognizes successful economic development takes the right team of individuals working together to strategically plan for the future. The Economic Development department works with community leaders to secure grant funds primarily for industrial development as well as offering loans to small businesses seeking to expand and create jobs. Our Economic Development team, composed of lending professionals, small business development experts, and other knowledgeable staff, ensures we continue to provide top-notch support and services to the Upper Cumberland.

## » **CUMBERLAND AREA INVESTMENT CORPORATION (CAIC)**

CAIC assists businesses seeking to grow through revolving loan funds. We specialize in gap financing and partnering with traditional



# UCDD DEPARTMENT OVERVIEW

lenders to help support job creation and regional, economical prosperity in the Upper Cumberland. CAIC has been serving all 14 counties of Tennessee's Upper Cumberland since 1984.

## » **SMALL BUSINESS DEVELOPMENT CENTER**

The Small Business Development Center at UCDD serves the 14-county Upper Cumberland region and provides small business and start-ups services including, but not limited to: business plan development, financial planning assistance, marketing plan development, access to sources of capital, and social media guidance.

## » **RECOVERY2WORK**

For those in recovery, success after treatment depends on a sense of belonging to their community. They need the community to understand that addiction is a physical dependency; not a moral failing. With employment, housing, and recovery support, the healing process can begin and the feeling of safety begins to grow.



## » **GEOGRAPHIC INFORMATION SYSTEMS (GIS)**

GIS is a framework for gathering, managing, and analyzing data. Rooted in the science of geography, GIS integrates many types of data. It analyzes spatial location and organizes layers of information into visualizations using maps and 3D scenes. With this unique capability, GIS reveals deeper insights into data, such as patterns, relationships, and situations—helping communities make smarter decisions.

## » **GRANT WRITING & ADMINISTRATION**

UCDD has extensive application experience in the following: Community Development Block Grants (CDBG), Appalachian Regional Commission (ARC), Economic Development Administration (EDA), Fast-track Infrastructure Development Program (FIDP), TN Department of Environment and Conservation (TDEC), TN Department of Transportation (TDOT), HOME Housing Rehabilitation Grants, and CDBG Facade Grants.

## » **HISTORIC PLANNING SERVICES**

UCDD's mission is to preserve, protect and promote the cultural resources of the Upper Cumberland region. This mission is accomplished through an agreement with the Tennessee Historical Commission, which receives federal funds from the National Park Service, Department of the Interior. The Historic Preservation Planner, in conjunction with the Tennessee Historical Commission, offers technical assistance with the following federal and state programs: Federal Historic Preservation Grants, National Register of Historic Places, Investment Tax Credit Program, Section 106 of the National Historic Preservation Act, Certified Local Government Program, and Historical Markers Program.

## » **LOCAL PLANNING**

Community Planners assist municipal and regional planning commissions in several areas including: Approval of subdivision plats, historic Zoning Code technical assistance, enforcement of the Flood Damage Prevention Ordinance, adoption and amending of local subdivision regulations and zoning ordinances, compliance with the National Flood Insurance



# UCDD DEPARTMENT OVERVIEW

Program (NFIP), long-range Planning, Land Use and Transportation Policy Planning, Major Thoroughfare Planning, including the adoption and closure of county roads, four hours of continuing education of planning commission members required by Tennessee Code Annotated, technical assistance to the local Board of Zoning Appeals, and the adoption of the yearly county road list, certification of special censuses, annexations and plans of services.

## » **RETAIL RECRUITMENT**

The Tennessee Department of Economic and Community Development has partnered with UCDD and Retail Strategies, a full-service consulting firm that develops and implements long-term retail real estate strategies for municipalities and economic development agencies. Through their program, Retail Academy, Retail Strategies provides a way to connect rural municipalities to the tools and knowledge-base necessary to equip them in proactively recruiting sustainable retailers, while maintaining existing local businesses.

## » **RURAL PLANNING ORGANIZATIONS (RPO)**

UCDD contracted with TDOT to establish two Rural Planning Organizations (RPOs) in the Upper Cumberland region. The Center Hill RPO includes Cannon, Cumberland, DeKalb, Putnam, Van Buren, Warren and White counties. The Dale Hollow RPO includes Clay, Fentress, Jackson, Macon, Overton, Pickett and Smith counties. The organizations' purpose is to facilitate input from rural counties to TDOT for transportation planning. RPOs work with TDOT to identify the Upper Cumberland region's needs regarding highways, transit, bike/pedestrian issues, aviation and waterways. RPOs are partners with Tennessee's development districts because economic and community development drives many of the transportation improvements in rural counties.

## » **SOLID WASTE**

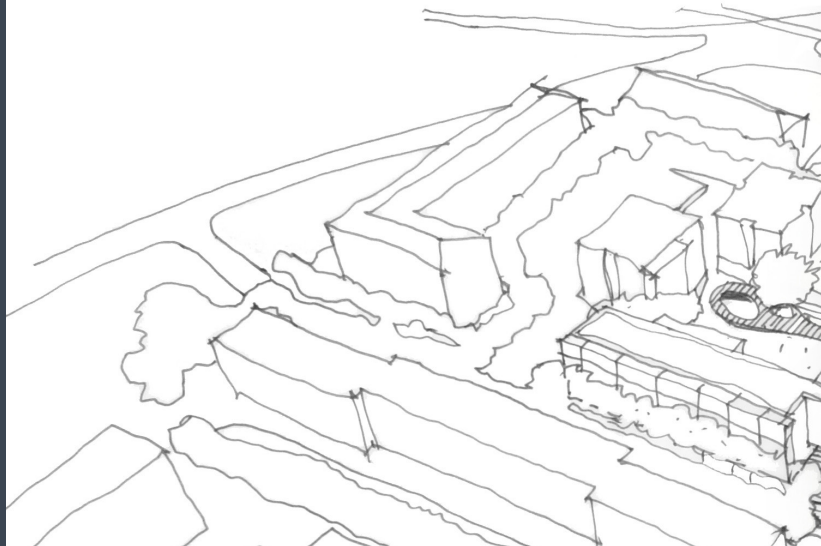
Through a contract with the Department of Environment and Conservation (TDEC), our staff provides solid waste management assistance to the Upper Cumberland. Services include support in compiling county Annual Progress Reports (ARPs), filing a Needs Assessment (NA) for each county every five years, and helping counties find and apply for grants to update county solid waste equipment and facilities.

## » **STATISTICAL INFORMATION**

UCDD maintains information relating to retail sales, personal income, traffic counts, labor force data, population characteristics, housing data, area wages, and various other economic and demographic indicators.

## » **STRATEGIC & COMPREHENSIVE PLANNING**

UCDD offers professional strategic and comprehensive planning services to cities and counties of the Upper Cumberland. Each plan is customized to fit the unique needs of the community and serves as a road map to guide local leaders.



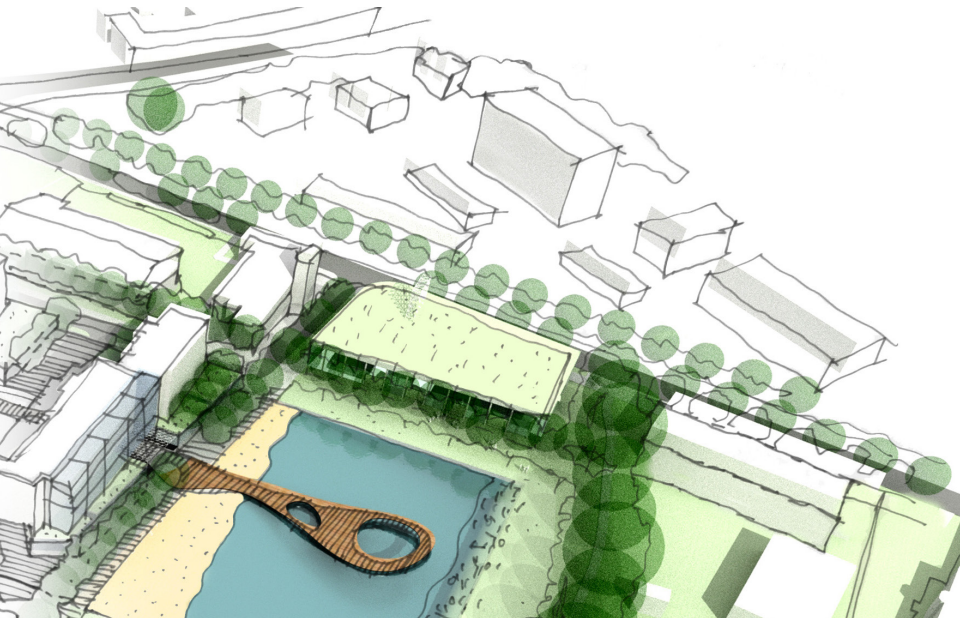
# UCDD DEPARTMENT OVERVIEW

## » **TENNESSEE ADVISORY COMMISSION ON INTERGOVERNMENTAL RELATIONS (TACIR)**

TACIR developed the Infrastructure Needs Inventory. TACIR has partnered with the nine development districts across the state to gather this information. UCDD staff conducts interviews with local and state agencies each year to compile an inventory of governmental and school system infrastructure needs. TACIR staff analyzes the data and prepares an annual report for the General Assembly which assists in their budgeting process. TACIR provides an avenue for long-range planning.

## » **TENNESSEE DOWNTOWNS/TENNESSEE MAIN STREET**

TN Downtowns is a program under the umbrella of TN Main Street. Towns apply for the program with a committee of volunteers, and if chosen, are awarded a \$15,000 grant to jump start the revitalization. Allowable projects include signage, streetscapes, facades, awnings, landscape, lighting, windows, doors, way-finding signs, benches, crosswalks, and other projects that improve the look and feel of a downtown area. UCDD has also collaborated with TTU, coordinating interns from the College of Human Ecology to work with downtowns on design and merchandising. This program opens doors for other grant awards for downtown revitalization.



## » **CUMBERLAND REGIONAL DEVELOPMENT CORPORATION (CRDC)**

Cumberland Regional Development Corporation (CRDC) works with U.S. Department of Housing and Urban Development, Tennessee Housing Development Agency, Federal Home Loan Bank, Tennessee Department of Economic and Community Development and U.S. Department of Agriculture Rural Development to create affordable housing. The HUD 202 housing units are for senior citizens 62 years of age or older and are funded by HUD through the Section 202 program. The HUD 811 housing units are for individuals with verifiable disabilities and are funded by HUD through Section 811 program. Neighborhood Stabilization Program (NSP), Macon County Rentals and Estes Duplex units are available for low income housing. Farm Labor housing units are for individuals who are employed in the agricultural sector. We currently have complexes in the following Tennessee counties: Anderson, Cannon, DeKalb, Fentress, Macon, Monroe, Morgan, Pickett, Putnam, Smith, Warren, White and Wilson.

## » **EMERGENCY REPAIR PROGRAM**

ERP provides housing repairs for individuals who are disabled or 60 years of age and older, own their home and meet the low income guidelines. The ERP enables eligible participants to receive repairs or replacement of structural problems to their home allowing them to remain in their home.





# UCDD DEPARTMENT OVERVIEW

## » PREPACKAGED HOME MORTGAGES AND RENOVATION LOANS

As the State's housing finance agency, the Tennessee Housing Development Agency (THDA) is a self-sufficient, independently funded, publicly accountable entity of the State of Tennessee. THDA's mission is to ensure that every Tennessean has access to safe, sound, affordable housing opportunities. THDA offers several programs to help individuals and families find home financing solutions. USDA also offers home financing solutions for low-income homeowners to repair, improve, or modernize their homes.

## » RELATIVE CAREGIVER PROGRAM

The Relative Caregiver Program is a comprehensive public/private collaboration funded by the Department of Children's Services. The program offers support services and resources to relatives raising relative children whose biological parents are no longer able to do so. The RCP was developed out of recognition that a child fares better both mentally and physically when placed with a relative versus in state custody. Since many relative caregivers are aging and/or living on a fixed income, providing the basic necessities for their relative children can be a financial struggle. The RCP provides monthly support groups and enrichment activities, as well as emergency financial support for these families. Monthly case management is offered to the whole relative family, and caregivers are provided with a resource manual that lists available resources and services within their own community.





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