

# Aging with Options

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**Volunteers of America**



## Aging with Options

- **Volunteers of America Northern Colorado Services**
- **Aging in Place**
- **Types of Needed Support Services**
- **Promising Community Strategies**
- **An Elder Friendly Community**



## Aging with Options

### Volunteers of America Northern Colorado Services

**The Northern Colorado Services Division seeks to improve the quality of life for older adults in Larimer County by providing services to assist them in remaining in their homes.**

- **Meals on Wheels**
- **Congregate Meals**
- **Grocery Shopping**
- **Handyman**
- **Respite for Caregivers**
- **Community Engagement Opportunities**
- **Information and Referral**



# Aging with Options

## Aging in Place

**An overwhelming majority of adults wish to remain in their own homes as they age.**

- **Rapid growth of older adults “aging in place” presents opportunities and challenges.**
- **Opportunities: substantial source of civic, social, and potentially financial ‘capital’. (Volunteers, board members, activists, community leaders, elected officials.)**
- **Challenges: affordable, flexible, coordinated services for an increasing number of frail and disabled adults.**



# Aging with Options

## Aging in Place

### What are the benefits of older adults remaining in their own homes?

- Promotes self sufficiency and freedom.
- Enhances health and wellness.
- Encourages cost saving interdependence between friends and neighbors.
- Allows individuals to remain in familiar neighborhoods and communities.
- Calibrates services to fit the needs of the individual.
- Creates opportunities for small businesses.



# Aging with Options

## Types of Needed Support Services

- **Home modifications**
- **Nutritious meals**
- **Indoor home maintenance**
- **Companionship**
- **Service identification and coordination**
- **Budget and bill paying assistance**
- **Medical claims management**
- **Personal care**
- **Counseling (personal, spiritual, grief)**
- **Shopping and errand assistance**



# Aging with Options

## Types of Needed Support Services

- **Social and recreational activities**
- **Transition to home after hospitalization**
- **Pet care**
- **Car repair and maintenance**
- **Legal services**
- **Yard work**
- **Computer support – social networking**
- **Transportation**



# Aging with Options

## Promising Community Strategies

### **PACE – Program for All inclusive Care for the Elderly**

- **Provides comprehensive services to allow those who are nursing home eligible to remain in their home.**
- **The elder is part of the services decision making team.**
- **Uses capitated payments from Medicare and Medicaid.**
- **Includes adult day care center as hub of the program.**



# Aging with Options

## Promising Community Strategies

### Community Engagement Programs or Self Help Communities

- Provide an integrated set of support services such as: social, cultural, and educational activities; wellness and fitness programs; religious services; service coordination (usually non-medical); volunteer opportunities; transportation
- Monthly membership fee
- Organized by residents or a service agency
- Coordinates services with screened vendors
- Example, Beacon Hill Village and SAIL (Supporting Active Independent Lives)



# Aging with Options

## Promising Community Strategies

### Preventive Services and Service Enhancements

- Evidence based interventions – A Matter of Balance, Arthritis Foundation Exercise Program, Powerful Tools for Caregivers, Chronic Disease Self Management.
- PEARLS (Program to encourage Active, Rewarding Lives for Seniors) – Sessions with Social Worker to reduce symptoms of depression.
- Service Coordinators working with seniors in high rises.



# Aging with Options

## An Elder Friendly Community

- **Injects 'aging' into local community planning.**
- **Engages older adults in community planning.**
- **Addresses basic needs (housing, safety, food).**
- **Optimizes physical health and well-being (promotes healthy behavior, access to services).**
- **Maximizes independence for the frail and disabled (transportation, resources to age in place, support for family caregivers).**



# Aging with Options

## An Elder Friendly Community

- **Promotes social, cultural, and civic engagement.**
- **Provides lifelong learning opportunities.**
- **Facilitates and encourages collaborative partnerships and coordinated services.**
- **Educates the community about the needs of older adults.**



# Aging with Options

## Call to Action

**“Few of us dream of spending our old age in a care facility. Yet millions of older adults do – simply because they can’t get or pay for the care they need at home.”**

**What can we do as a community to ensure our elders live safely and joyously in their homes?**

