

Aging in Place as Friends

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Concord Quarterly Meeting
March 3, 2018

PYM Aging In Place Webinar: Goals

- * To learn about Aging In Place as a model of long term care;
- * To understanding care, structural and financing options for aging in place;
- * To explore the role of a Friends Meeting in supporting persons aging in place;
- * Review the “Village” models of community support;

Aging In Place

Aging in Place refers to living where you have lived for years, not in a health care environment or nursing home, using products, services, and conveniences which allow you to remain in your home as your circumstances change as a result of your aging.

In other words, you continue to live in the home of your choice safely and independently as you get older.

Aging at Home

- * **Aging in place** is more than being in an environment of choice as one gets older, it **means being *at home***—a place where functional and emotional needs are met;
- * Home contains a life-time of cherished objects that support identity and delight the senses;
- * **Nestled in the community you've cultivated over the years**; which is the center of your daily rituals;
- * It is where you plan to stay; it's where **you *live***.

Making Home Safe

- * **Home is a safe environment** where you have the ability to control and enjoy your experiences'
- * **Making your home safe as you age and lose environmental competence**—or the ability to get around;
- * **Home modifications**, from simple renovations to emerging assistive technology will help to **maintain your independence by compensating for reduced functioning.**

The Deeper Meaning of Home: Emotionally Secure

- ❖ Home as a place center for family and friends to gather;
- ❖ Home as a source of pride in feelings of rootedness in a community;
- ❖ Home as a source of independence and stability in the midst of loss and change related to aging.

Types of Aging In Place

- * Aging in place **without urgent needs** are persons staying in their current home with no immediate health/mobility issues, and with **aging-in-place universal designed conveniences**;
- * Aging in place **with progressive condition-based needs** are persons with chronic conditions that will require special modifications for aging in place;
- * Aging in place **with traumatic needs** are persons who experienced an abrupt or immediate change that demands adjustments in the living environment for aging in place.

Buying or Staying Put?

- * One level housing;
- * Public transportation;
- * Mixed used housing which includes shopping;
- * Access to nearby parks;
- * Universal design in the home;
- * Civic centers and entertainment outlets;
- * Communities of support.

Certified Aging In Place Specialist

- * The Certified Aging-in-Place Specialist (CAPS) designation was developed by the National Association of Home Builders (NAHB), in collaboration with the AARP, NAHB Research Center and NAHB Seniors Housing Council;
- * A CAPS building contractor has been trained to modify homes so their owners may successfully age in place by addressing common barriers with adaptations.

Aging In Place Health Perspectives

- * Mobility: Walkers, Canes & Wheelchairs
- * Balance & Standing
- * Bending Down, Turning & Reaching
- * Hearing
- * Grasping & Holding
- * Seeing
- * Maneuvering from Sitting to Standing

(Financing Aging In Place Video)

Activities of Daily Living

- * Eating & Drinking;
- * Dressing & Bathing;
- * Toileting & Continence;
- * Walking & Transferring;
- * Hygiene & Grooming

Instrumental ADLs

- * Instrumental Activities of Daily Living are not essential to survival, but which a person should be able to do in order to function independently, including:
 - * Meal preparation & clean-up
 - Housekeeping / Laundry
 - Shopping & Entertainment & Community
 - Using the phone / managing electronica, etc.
 - Driving or taking public transportation
 - Taking medications properly / scheduling doctors visits
 - Managing money / purchasing decisions

Home Care Services

Private non-profits or for-profit organizations provide a wide variety of senior home care services delivered in the home which are designed to be flexible to meet each individual's needs. Services include:

Companionship Home Helper

Personal Care Services

Respite Care

Alzheimer's Care

Short-Term Recovery

Aging Services Technologies

Technology solutions are available for 8 different care issues affecting older adults and people with disabilities:

- * Falls;
- * Chronic disease management;
- * Medication management;
- * Cognitive impairments;
- * Sensory impairments;
- * Depression;
- * Mobility impairment;
- * Functional decline and loss of independence.

Technology & Aging In Place:

- * Electronic Health Care Records;
- * Tele-health Care Consultations;
- * Tele-Care Wellness & Monitoring;
- * Remote & Location Monitoring;
- * Emergency Response Systems;
- * Tablets for regular check-ins to address concerns and answer questions.

Quaker Aging Resources

quakeragingresources.org

- * Aging at Home;
- * Living at Home Forever by Tom Wells, CSBA & GBA;
- * Housing Options;
- * Adaptive Advises & Devises;
- * Downsizing as a Spiritual Practice;
- * Including Everyone!

The Village Model

Neighbors helping each other with the aim of supporting community residents as they age in place.

Help is provided with transportation, household chores and referrals to trade and vendor services.

Additional activities may include community culture events.

* Penn's Village: Neighbors Being Neighbors

* <http://www.pennsvillage.org/>

* Beacon Hill Village Boston

(Beacon Hill Video)

Friends In The City (FitC)

FitC is a program of Friends Center City, a Quaker-based non-profit based in Old City Philadelphia.

FitC is an age-friendly collective of individuals who enjoy city events and activities together.

Members develop friendships with others who share values and are committed to building community without walls.

www.friendscentercity.org

Important & Useful Websites

- * quakeragingresources.org (Quaker Aging Resources)
- * pym.org (Philadelphia Yearly Meeting)
- * fsainfo.org (Friends Services for the Aging)
- * aginginplace.org (Aging In Place)
- * leadingage.org (Leading Age)