



# THE COORDINATING CENTER

INSPIRED SOLUTIONS

**Opting for Independence**  
**Aging Successfully in the Community Forum**  
**September 12, 2013**

# The Coordinating Center Mission

**To partner with families, children and adults with special health care needs and disabilities and those who support them in the community to achieve their aspirations for independence, health, inclusion, dignity and quality of life.**



# Opting for Independence

- Federal Administration on Aging Grant to test Aging in Place Innovative Strategies 2009 - 2012
- ▶ Partnered with Howard County Office on Aging
- ▶ Two Elements
  1. Person centered Care Coordination for 150 older adults in selected zip codes
  2. Conducted case study interviews with other older adults to hear how they were planning for aging in place



# Consumer and Family Response to OFI

## **OFI CONSUMER SATISFACTION SURVEY, 2012**

- ▶ Highest ratings given to the use of person centered care coordination and to the OFI coordinators
- ▶ Maryland Access Point and the Occupational Therapists in HCOOA were highly valued
- ▶ Caregivers valued learning options for the future
- ▶ Consumers valued learning health information and receiving coaching around decisions
- ▶ Death of a spouse or decline in cognitive functioning created major life style decisions

# OFI Case Study Project

## ▶ Purposes:

- Help community learn directly from older adults about aging in the community
  - Understand the experiences that older adults bring to their personal aging process
  - Learn barriers that can impact planning ahead
  - Stimulate community wide discussions about the findings
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- ▶ “Stairmasters and Stair Lifts” published 2012
  - ▶ “Resiliency in Older Adults” published 2013

# OFI Interviews – An Overview

## 2011

- 30 interviews in zip codes 21043, 21044, 21045, 21046
- Matched average demographics of 21044 and 21045 (original sites for OFI)
- 20 trained volunteer interviewers with major help from Leadership Howard County Class of 2011
- Interviewees had incomes above and below \$60,000

## 2012

- 32 interviews in Elkridge, Laurel, and Columbia
- Same interview guide used by volunteers and staff
- Interviewees had incomes below \$50,000 with majority under \$20,000

# **OFI Interview Steering Committee (2012)**

**Howard County Office on Aging (HCOOA)**

**Community Action Agency (CAC)**

**Association of Community Services (ACS)**

**Coalition of Geriatric Services (COGS)**

**The Coordinating Center**

# Key Findings in Resiliency Report

- ▶ **Social network seen as strong source of support**
  - Peer information is trusted
  - Augments advice given by family and professionals
  - Substitutes for family who live at a distance – or no family
- ▶ **Adult children more likely to be involved in regular daily activities**
  - 2012 group had more intergenerational living arrangements
- ▶ **Those in living in senior housing near senior centers used these settings as information sources**



# Key Findings, cont'd.

- ▶ **More experience in finding and using community and public support services**
- ▶ **Strong concern about ability to pay for care in future**
- ▶ **Some felt strongly they would not depend on adult children for support (same as 2011 interviewees)**



# Four Pillars for Successful Aging

1. An informal support network
2. Use of community services
3. Maintaining optimal health and wellness to manage future changes
4. Consider financial stability as a combination of private/public resources, insurance, and health care coverage



# Implications, Part 2

**Interviewees responded positively to new knowledge that matched what they wanted in their lives or for their families. More “problem solving” or “life enriching” than just “information.”**

**Multiple generations are part of the key audience for aging strategies: younger family, friends and neighbors.**

**Concerns for the future:**

**Medicare and Medicaid could be weakened**

**Health care may become unaffordable**

**Death of spouse**

**No longer able to drive**

# Recommendations from Steering Committee

## SHORT TERM

- 1. Share report with their members and staff**
- 2. Link their web sites together to help users find information more easily**
- 3. Hold public meetings about the findings**

# Recommendations

## LONG TERM

- 1. Use multiple partners for getting information to community**
- 2. Present positive examples of how seniors are being proactive in looking at their future**
- 3. HCOOA, COGS, ACS, and CAC – find effective ways to engage the business community in delivering a common message that “Seniors of all income levels are valuable assets in our community.”**

# Recommendations

- 4. Build on existing efforts to reach people of limited income – don't duplicate efforts**
- 5. Focus outreach on multigenerational families**
- 6. Create a stronger awareness of available resources and the benefit of using them**

# THANK YOU!

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**“Stairmasters and Stair Lifts” and “Resiliency in Older Adults”  
can be downloaded at:**

**[http://www.coordinatingcenter.org/prog\\_publications.html](http://www.coordinatingcenter.org/prog_publications.html)**