

Livingston County Senior Needs Assessment 2010 Annual Report

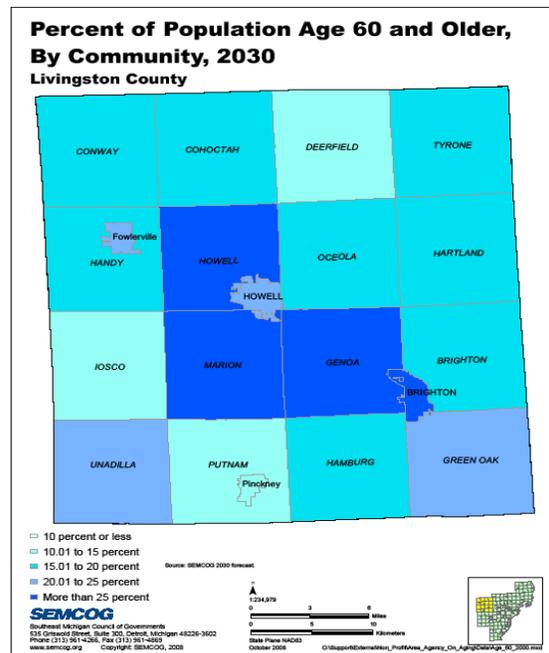
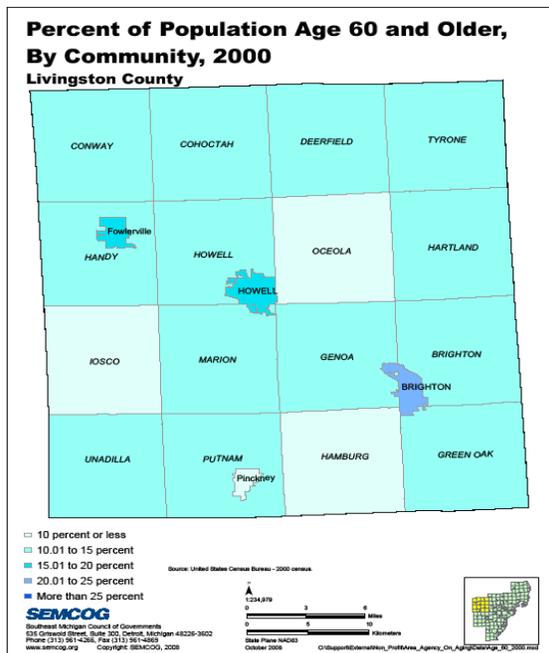
Livingston County Senior Needs Assessment

The Senior Needs Assessment project was launched in August of 2006, after the Livingston County Human Services Collaborative Body endorsed the project and charged a workgroup to complete a thorough needs assessment of senior strengths and needs currently and in the future. In May 2008, the Livingston County Senior Needs Assessment final report was published and identified assets and deficits in current senior services and best practices in senior services and elder friendly communities.

The information collected was used to develop recommendations to guide strategies over the next decade to meet the needs of the changing senior population. In July 2009, the Livingston Leadership Council on Aging, comprised of organizations and community partners, held their first meeting to discuss and strategize efforts to implement the recommendations from the Senior Needs Assessment report. The Livingston Leadership Council on Aging continues to meet on a monthly basis and is actively working to implement recommendations from the Senior Needs Assessment report. This annual report summarizes the activities and accomplishments of the efforts during this first phase of implementation over the last year.

In Livingston County

- The number of Livingston County residents age 100+ doubles every seven years.-
- Seniors spend 92% of their monthly income, most locally.-
- In 2017, Livingston County will have more seniors age 60+ than school age children.-



Active Aging

PRESCRIPTION FOR BETTER HEALTH

Recommendation from the 2008 Livingston County Senior Needs Assessment

Encourage the use of existing wellness activities and the creation of additional activities based on programs and practices recommended by the National Council on Aging, other research based models, and local senior input.

The Active Aging committee is developing a Rx For Better Health brochure that will be made available to older adults in Livingston County. Physicians, senior center staff and hospital staff will be able to provide a “prescription” for better health to individuals that need or would like to incorporate exercise into their daily life. Information about physical activity and exercise is highlighted as well as places a senior can go to participate in an exercise program specially designed for older adults. Physicians will also have the opportunity to “prescribe” a specific exercise program for their patients to help keep them physically active and maintain a healthy lifestyle for as long as possible.

TRAINING OPPORTUNITIES FOR SENIORS AND PROFESSIONALS WORKING IN THE FIELD OF AGING

Recommendation from the 2008 Livingston County Senior Needs Assessment

Provide education and training opportunities and promote the use of technology for seniors focusing on prevention including chronic disease self management models, physical activity, good nutrition, safe driving, medication management, and self advocacy.

Mobility Options Counseling training provided senior center staff, resource advocates, nurse and social work care managers with information to help older adults remain on the road for as long as safely possible or transition to mobility alternatives when driving is no longer preferred or possible.

The Stanford Evidence-Based **Chronic Disease Self Management Program**, or PATH (Personal Action Toward Health) as known in Michigan provided older adults and individuals with a chronic disease and/or their caregivers, the opportunity to learn techniques to effectively manage their chronic conditions. Twelve individuals completed the 6-week workshop held at the Hartland Senior Center.

Assistive Technology training was a hands-on presentation that provided participants with the opportunity to learn about the many types of assistive technology devices available to older adults and individuals with a disability. Participants were able to see and touch all of the devices including devices for: communication, daily living, recreation, and hygiene.

Aging in Place

CERTIFIED AGING IN PLACE SPECIALISTS (CAPS)

Recommendation from the 2008 Livingston County Senior Needs Assessment

Increase availability and use of home modification by promoting the use of Aging in Place Specialists.

The Aging in Place committee focused on several activities designed to promote the use of Certified Aging in Place (CAP) Specialists. CAPS is a certification that renovators and builders can obtain from the Michigan Home Builders Association. Developed in cooperation with AARP and the National Home Builders Association, the CAPS certification teaches professional builders and renovators how to utilize special equipment and home modifications to help older adults successfully age in place in their homes. The certification also requires individuals to perform a specified amount of community service.

Activities to promote CAPS certification in Livingston County included:

- Conducting a Senior Housing Renovation Roundtable which brought together CAPS certified builders and contractors, non-certified builders and contractors, and non-profit organizations involved in low income housing to promote the certification and identify potential areas for collaboration.
- Developing and distributing a list of CAPS certified builders in Livingston County to USDA Rural Development county HOME projects, and other agencies for use by older adults and families.
- Developing and distributing a list of non-profit agencies involved in home renovation and improvement to home builders so they are aware of community service and volunteer opportunities which are required in order to retain the CAPS certification.
- Testifying on behalf of the Senate Senior Citizens & Veterans Affairs Committee on Older Michiganians Day in support of Elder Friendly Communities legislation and encouraging the inclusion of CAPS certification.
- Coordinating with the Michigan State Housing Development Authority (MSDHA) to identify opportunities to promote CAPS certification throughout Michigan. MSDHA will conduct a CAPS training at their September 2010 Affordable Housing Summit in Lansing.
- Notifying the Area Agency on Aging Association of Michigan about the CAPS certification and encourage others to promote the program.



Community Infrastructure and Supports

COORDINATION OF MARKETING & INFORMATION AND RESOURCES

Recommendation from the 2008 Livingston County Senior Needs Assessment

Develop & publicize a centralized resource for accessing information of interest to seniors including housing, transportation, health care, in-home supports, employment, and wellness and recreational activities. Ensure information is accessible to seniors through 211, printed materials, and/or in key locations in the community such as senior centers and libraries. Ensure specialized information on health care, disease management, and other health issues is available to seniors through physicians, health care systems, and at key places in the community.

One complaint among seniors and their families is how complicated and challenging it can be to find information when it is needed most. The Community Infrastructure and Supports work-group was charged with the difficult task of trying to streamline the process and make resources more available for individuals looking for information. The committee has had many successes in doing this:

Individuals looking for transportation will have an easier time getting linked with the Livingston Essential Transportation Service (LETS). Information regarding L.E.T.S has been added to the 2-1-1 database in order for direct referrals to be made from 2-1-1 to L.E.T.S.

“How to Access 2-1-1” brochures were developed and distributed throughout Livingston County including to: all homebound seniors receiving Meals on Wheels, Human Service Agencies, Senior Centers, local medical centers and libraries.

2-1-1 now has the ability of providing, a “warm transfer” to older adult callers that need to be connected to the Area Agency on Aging 1-B for any reason. This option helps to assist any older adult who 2-1-1 feels is becoming overwhelmed by trying to receive information or for anyone who is unable to complete the call on their own.



Livingston County's senior population is expected to increase by 216% in the next two decades. Seniors age 80+ are expected to increase by nearly 300%. Ensuring that seniors are able to prosper and live in the community is a high priority for Livingston County.

Community Infrastructure and Supports Continued

EASY AND CONVENIENT WAY TO SHOP FOR OLDER ADULTS AND CAREGIVERS

Recommendation from the 2008 Livingston County Senior Needs Assessment

Develop a community infrastructure which supports senior needs for mobility, health care, food and social interaction and wellness activities: Food—Increase capacity and outreach of existing food system including: working with local grocers to provide grocery delivery and online or phone shopping lists.

Members of the Community Infrastructure and Supports Committee have been out in the community meeting with grocery store managers to bring awareness about the challenges older adults are facing with vision & mobility limitations while they are grocery shopping. Local grocery stores are beginning to recognize the changing demographics and needs within the county and are working to make shopping easier and more convenient for residents including older adults and caregivers. One example is Busch's Food Market which now offers online shopping and curbside pick-up delivered and loaded right into your car.

Reasons to be proud: Community Accomplishments

In addition to the Livingston Leadership Council on Aging which is made up of members appointed by the Livingston County Board of Commissioners to implement recommendations from the Senior Needs Assessment, there are many other leaders in the community taking charge and helping to contribute to make Livingston County a senior friendly community.

VOLUNTEER LIVINGSTON

Recommendation from the 2008 Livingston County Senior Needs Assessment

Increase use of volunteers to assist seniors in the community. Work with Livingston County United Way to strengthen existing work on development of a local Volunteer Center to ensure pool of volunteers are secured to assist with senior needs including transportation, home chores and maintenance, and grocery and prescription deliveries.

Volunteer Livingston is up and running and welcomes residents of all ages to go online at www.volunteerlivingston.com to explore current volunteer opportunities within Livingston County. Volunteer Livingston also matches volunteers to opportunities that best meet their needs, knowledge and experience and helps to identify and solve community problems. The Steering Committee of Volunteer Livingston is committed to growing new volunteer positions for retired residents and utilizing a variety of skill sets. Currently, there are 97 volunteer opportunities available from 64 agencies in Livingston County. To date, over 1,800 referrals have been made to Volunteer Livingston.

Reasons to be proud: Community Accomplishments Continued

S.A.V.E. TASK FORCE (Serving Adults who are Vulnerable and/or Elderly)

Recommendation from the 2008 Livingston County Senior Needs Assessment

Increase outreach to homebound seniors to assess needs, connect with services, and prevent elder abuse/neglect and exploitation.

In September 2008, the first meeting of the SAVE Task Force (Serving Adults who are Vulnerable and/or Elderly) was convened bringing together various senior service organizations/agencies, local law enforcement, and the Livingston County Prosecutor to discuss elder abuse within Livingston County. A \$10,000 grant was awarded by the National Committee for the Prevention of Elder Abuse (NCPEA) to support the efforts of the SAVE Task Force. The Task Force has developed informational brochures and booklets that have been distributed throughout the county and at community events. A speakers bureau has been formed to help educate the community through presentations. On June 15, 2009, Elder Abuse International Day of Awareness, SAVE held an event at the Opera House in Howell to educate older adults on all aspects of abuse, including fraud and exploitation. Representatives from the Sheriff's office & Livingston County 9-1-1 were in attendance and presented to the audience. The SAVE Task Force continues to meet on a regular basis educating and advocating to prevent elder abuse.



Thank you to the following individuals for their contributions and efforts during the past year with implementing recommendations from the Livingston County Senior Needs Assessment.

- Alice Andrews, Hartland Senior Center
- Clyde Riley, Older Adult Representative
- Cynthia Turnage, Student/Volunteer
- Doug Britz, LETS
- Doug Edema, St. Joseph Mercy Livingston Hospital
- Erica Karfonta, Oakland Livingston Human Services Agency
- Kathleen Kline-Hudson, Livingston County Department of Planning
- Kristin Wilson, Area Agency on Aging 1-B
- Lindsay Beaudry, Human Services Collaborative Body
- Maggie Jones, Livingston County Commissioner
- Marj Knurick, Oakland Livingston Human Services Agency
- Mark Robinson, Livingston County Catholic Charities
- Mark Swanson, Livingston County Consortium on Aging
- Mary Griffith, Older Adult Representative
- Mike Markel, St. Joseph Mercy Livingston Hospital
- Nancy Johnson, Brighton District Library
- Nancy Rosso, Livingston County United Way
- Ted Westmeier, Livingston County Public Health
- Tina Abbate Marzolf, Area Agency on Aging 1-B



The Livingston Leadership Council on Aging is always looking for individuals that want to take part in the efforts towards making Livingston County a senior friendly community.

To get involved call Lindsay Beaudry at 517-552-7140

