

Maximizing In/dependence and Supporting Caregivers

- Creating an Elder-Friendly Community
 - The Maturing of America: Getting Communities on Track for an Aging Population National Association of Area Agencies on Aging, in partnership with the International City/County Management Association, National Association of Counties, National League of Cities and Partners for Livable Communities released the results of a survey they conducted of 10,000 local governments to: determine their aging readiness to provide programs, policies and services that address the needs of older adults and their caregivers; to ensure that their communities are livable for persons of all ages; and to harness the talent, wisdom and experience of older adults to contribute to community at large.
<http://www.n4a.org/pdf/MOAFinalReport.pdf>
- Boulder County Data: Excerpts from Strengths and Needs Assessment of Older Adults in Boulder County 2004
http://www.co.boulder.co.us/cs/ag/docs/clc/S&N_Excerpts_Maximizes.pdf
- Targeting and Outreach
 - Common Sources of Information for Older Adults: Excerpt from Strengths and Needs Assessment of Older Adults in Boulder County 2004
http://wwwdev.co.boulder.co.us/cs/ag/docs/clc/Common_Sources.pdf
- Transportation
 - United We Ride is an interagency Federal national initiative that supports States and their localities in developing coordinated human service delivery systems. Links include funding, assessment & planning, and useful practices. Also sign up for news and announcements via email.
<http://www.unitedweride.gov/>
 - ITNAmerica in Westbrook, Maine, has announced a four-year, \$3.45 million grant from the Atlantic Philanthropies to support the national rollout of a sustainable transportation model for seniors and the visually impaired. <http://foundationcenter.org/pnd/news/story.jhtml?id=137100012>
http://www.vnsny.org/advantage/tools/Advantage_best.pdf#search=%22vnsny%20best%20practices%22 (page 34)
 - Patient transportation program combining creative scheduling of trips with a subsidy program
http://www.co.boulder.co.us/cs/ag/docs/clc/Project_Access.pdf
http://www.vnsny.org/advantage/tools/Advantage_best.pdf#search=%22vnsny%20best%20practices%22 (page 20)

- Caregiver Programs
 - *Together We Care - Exemplary Caregiving Programs in Senior Centers*
<http://www.ncoa.org/content.cfm?sectionID=242>
 - Resources for Enhancing Alzheimer’s Caregiver Health II (REACH II): A multifaceted, personalized intervention can significantly improve the quality of life for caregivers of people with dementia, new research published Nov. 21, 2006, in *Annals of Internal Medicine* has found. This study is the first randomized, controlled trial to look systematically at the effectiveness of a multi-component caregiver intervention provided to ethnically diverse populations. Follow-up studies, the researchers suggest, should examine how the intervention might be used in communities through the nation’s existing network of health and aging services.
<http://www.nih.gov/news/pr/nov2006/nia-20.htm>
 - Family Caregiving Alliance has recently updated their "Caregiving Across the States: A State-by-State Resource" database. The information is presented in a separate profile for each state and DC including: Where Caregivers Call to Arrange for Help; Medicaid Spending on Long-Term Care; Average Assisted Living Monthly Cost; Median Hourly Wages for Home and Health Care Workers; Medicare Prescription Drug Plans; Population Statistics for Adults Age 60+; State-Specific Caregiver Statistics; Number of Certified Nursing Facilities; Percent of Adults (21+) with a Disability
http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1274
 - Caregiver Retention: In response to the problem of staff turnover throughout the caregiving profession, the Milwaukee Aging Consortium has launched The Caregiver Retention Project with a mission of “fostering new models of community collaboration among older adult service providers.”
<http://www.milwaukeeccc.org/caregiver-retention/default.asp>
- Environmental Support for Caregivers
 - Caregiver Adaptations to Reduce Environmental Stress (CARES): Caregiving often requires physical demands that strain caregivers, jeopardizing their own health, strength, and energy level. Home modifications and assistive devices can provide immediate relief and enhance the ability of caregivers to deliver care with less stress. Although often overlooked in discussions of support for caregivers, the home environment is a critical component that significantly impacts the capacities of caregivers and service agencies to provide assistance.
<http://www.homemods.org/folders/cares-project/index.shtml>
- Home and Community Based Services

- Survey of Innovative Health and Supportive Services Programming in Community-based Organizations
<http://www.ncoa.org/content.cfm?sectionID=263&detail=937>
- Mainstreaming Consumer Direction in the Aging Network
<http://www.ncoa.org/content.cfm?sectionID=263&detail=936>
<http://www.consumerdirection.org/>
- Best Practices/Model Programs/Good Ideas

Bridging The Gaps: State And Local Strategies For Ensuring Backup Personal Care Services (#2006-19)

People with disabilities can find themselves at risk when authorized personal care services (PCS) are not delivered. This report examines state and local initiatives to ensure that effective mechanisms and safeguards are in place to identify and respond to service delivery failures that require backup coverage for Medicaid PCS. For more information contact Enid Kassner, 202 434 3863; for copies, 202 434-3860.

http://www.aarp.org/research/health/disabilities/2006_19_pcs.html

Paying For Quality Care: State And Local Strategies For Improving Wages And Benefits For Personal Care Assistants

In light of the critical interconnections between the quality of jobs and the quality of care, this report examines state and local initiatives to improve wages and benefits for direct-care workers delivering Medicaid personal care services. Seven strategies for improving direct-care wages and benefits are identified and effective practices for states are highlighted. For more information contact Enid Kassner, 202 434 3863; for copies, 202 434 3860.

http://www.aarp.org/research/health/carequality/2006_18_care.html

Champlain Long-Term Care Coalition

Supports people as they age in place and decreases nursing home admissions by providing services on-site in senior housing complexes.

http://www.vnsny.org/advantage/tools/Advantage_best.pdf#search=%22vnsny%20best%20practices%22 (page 21)

- Stakeholder-Involved Strategies
Novato Independent Elders Program
Helps older people get the support they need to remain independent by inviting stakeholders to define problems and make recommendations that are implemented by lead agency (includes home repair, home delivered groceries, fall prevention info etc.; many clients also volunteer).
http://www.vnsny.org/advantage/tools/Advantage_best.pdf#search=%22vnsny%20best%20practices%22 (page 18)

Planning for Elders in the Central City

Helps older people get the support they need to remain independent by inviting stakeholders to define problems and make recommendations that are implemented by lead agency.

http://www.vnsny.org/advantage/tools/Advantage_best.pdf#search=%22vnsny%20best%20practices%22 (page 19)

Heritage Harbour Health Group

Allows residents to remain at home as they age by creating a home care and supportive service model “from the ground up.”

http://www.vnsny.org/advantage/tools/Advantage_best.pdf#search=%22vnsny%20best%20practices%22 (page 31)

- LTC & Culture Change

- http://www.ncbdc.org/ta_hs_GreenHouse.aspx

- <http://www.edenalternative.com/about.htm>

- <http://www.coculturechange.org/>

- <http://www.pioneernetwork.net/>

- <http://www.culturechangenow.com/>

- Staff Retention, Work Satisfaction

- "Growing Strong Roots" was evaluated in 11 diverse nursing homes.

- Research shows that, in the aggregate, nursing homes using the system increased their new CNA retention rates by 25 percent. A similar group of nursing homes not participating in the study showed an increase of only 10 percent. All nursing homes participating in the project improved their retention rates, some by as much as 41 percent.

- http://www.asaging.org/asav2/awards/bestpractices_2005.cfm?submenu1=bestpractices

The content for each module covers a range of important issues and topics that offer new approaches to helping staff care for elders and that addresses the many challenges in the workplace. “The Caring Spirit” philosophy can be easily worked into any training program. First piloted at the William Breman Jewish Home in Atlanta, Georgia in 2001 with pre-post testing demonstrating positive results.

http://www.asaging.org/asav2/awards/bestpractices_2005.cfm?submenu1=bestpractices

- Intergenerational Efforts

- The "Reading Buddies" Program forges intergenerational connections with a volunteer mentoring program that matches inner-city students with elderly residents of Section 8/Section 202 facilities in Philadelphia.

- <http://www.ncoa.org/content.cfm?sectionID=240&detail=245>

Health-for-Two program is a knitting and quilting mentoring program by older adults for young pregnant women under the auspices of a community health center.

<http://www.health-in-action.org/content.asp?contentid=38&catid=75&rootid=6>

- Mainstreaming Consumer Direction in the Aging Network

The Program of All-inclusive Care for the Elderly (PACE) model is centered around the belief that it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible.

<http://www.npaonline.org/website/article.asp?id=12#Philosphy>