

Aging In Place

April 2011

Americans are Getting Older

- The first boomers reached 65 this year.
- The number of people 65 and older is expected to more than double in the next 20 years -- from 39 million in 2008 to 72 million in 2030. This is 1 in every 5 Americans -- 20% of the population!
- **Every day** for the next 20 years about 10,000 Americans will turn 65. (Pew Research Center)

Aging in Place

- Aging in place is the ability to live in one's home for as long and as comfortably as possible.
- According to the *Journal of Housing for the Elderly*, aging in place is not having to move from one's residence in order to secure support services in response to changing needs.

Housing Choices for Seniors

Senior citizens are often confronted with two undesirable housing options as they become frailer – overcare and undercare.

They are often forced to choose between restrictive elderly institutions before the need demands it, or they must choose to live more independently than they are safely and comfortably able to do.

Aging Communities

Dichotomy of aging – independent living versus assisted living.

- Independent Living -- Housing authorities are for residents who can live independently.
- Assisted Living -- Anyone who cannot live independently, should be in an assisted living community.

Black and White?

Senior citizens have more choices than assisted living and independent living. Most seniors, especially those that are low income with limited family support and finances, are at high risk to prematurely “deteriorate.” As a result, they are can suffer severe health consequences such as amputations, blindness, and the like, or have to move to assisted living before they otherwise would.

Many people assume there is no assistance for those who need some help, but aren't necessarily ready or suitable for assisted living. Independent living with supportive services is an option.

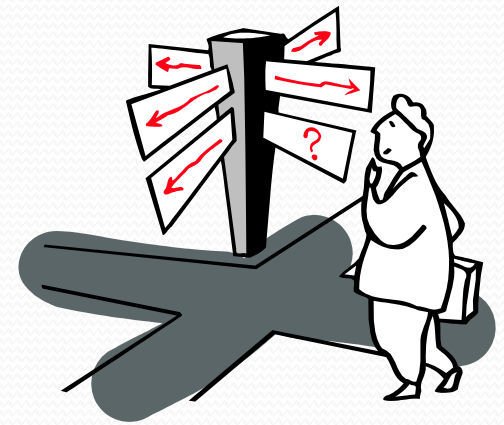
Why Provide Aging in Place Services?

- Housing authorities that don't provide independent living with supportive services, have higher costs because of a higher rate of unit turnover, problems collecting rent payments, and damage to units.
- When aging in place services are provided, residents live independently longer and the communities they live in are healthier and more vibrant.

Aging in Place Services -- Best Practices

- On site medical and health services
- Nutrition -- education and meal service
- Resources and referrals
- Education
- Technology
- Service coordination

Denver Housing Authority's
Aging in Place Programming:
Where Are We Now?



Seniors Living at DHA (60+)

Over 2800 senior citizens live in DHA properties making up approximately 11% of DHA's resident population.

- Section 8 1352
- Public Housing 1535

- Dispersed 244
- Developments 523
- Towers 768

Senior Programming Sites

- Mountain View/Eliot Cottages
- Hirschfeld Towers
- Thomas Bean Towers
- Mulroy Apartments
- Thomas Connole
- North Lincoln Midrise
- Barney Ford
- Walsh Manor
- Casa Loma
- Syracuse Plaza

Who We Serve at DHA

Residents that we serve typically fall into one or more of the following categories:

- Formerly Homeless
- Chronically Mentally Ill
- Frail Elderly
- Fixed income
- Little or no family
- Family who are also low income
- Low level of education
- Multiple health challenges

Loss

All of our senior residents have experienced some kind of loss including:

Loss of income

Loss of their home

Loss of a loved one

Loss of ability

Loss of control

Program Goals

Connect residents with resources and assistance to enable them to live independently so they can age in place and avoid or postpone long term care placement.

DHA's Service Coordinator is:

- A link between the resident and the management team.
- An advocate to help residents navigate through cumbersome systems.
- An advisor to help residents locate resources for basic and ongoing needs including, but not limited to, food, health, counselors, doctors, recreation centers, volunteer work, employment, etc.

Resident Needs

Clothing and Food Banks

Medical Supplies

Money Management

Applying for Benefits

Prescription Management

Transportation

Volunteer Work or Jobs

Hearing, Vision & Dental Resources

Community Resources

In Home Care

Legal Assistance

Mental Health Services

Health Care

Care and Services

Why These Services are Important

Managers and service coordinators work together to:

- Reduce evictions due to poor house keeping, non payment of rent, repeated conflicts, etc, by connecting residents with services.
- Reduce risk of benefit loss such as Medicaid, Social Security, food stamps, etc which impacts the ability to pay rent.
- Reduce chronic late rent payments.
- Increase self sufficiency through education, resources, health management, technology, etc.
- Improve mental and physical health by increasing social networks and reducing isolation.

Goal: Increase Medical/Health Services On-site

- Medical services are provided at many sites.
- We will work to increase
 - Provider partnerships
 - On site health and medical services
 - On site mental health services and
 - The number of sites receiving these services.

Goal: Increase On-site Technological Services

- Increased computer access and programming can help seniors:
 - Increase socialization which encourages good mental health.
 - Access educational opportunities.
 - Increase access to health, medical, and mental health resources.
 - Increase knowledge, confidence, and as a result, improve mental and physical health.

Goal: Continue Service Coordination

Providing service coordination is key to achieving aging in place goals. Staff are essential to:

- Assess the changing needs of this population.
- Bring services on site to meet these needs.
- Collaborate with partners to increase and enhance services.
- Provide advocacy, resources, and referrals to residents.

Goals Overview:

- Increase health and medical services on site.
- Increase technological services to increase resident ability to locate resources.
- Provide service coordination.
- Assess and track senior needs and aging in place markers (reasons for move outs, reasons for evictions, duration in housing by age, increases in ages, chronic 14 day notices for late rent, etc)