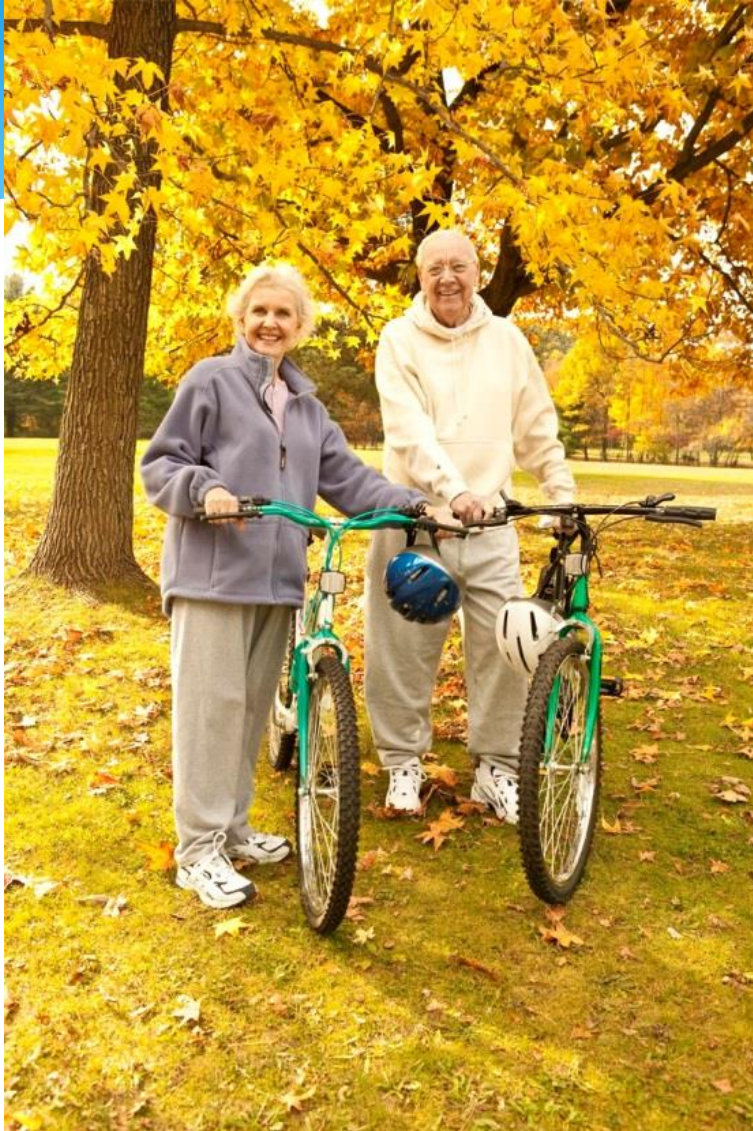


Livingston County Senior Needs Assessment

Review of Recommendations from the May 2008 Final
Report to the Community



Goal #1

Active Aging

Recommendation 1

- * Develop a geriatric assessment model in Livingston County through partnership with St. Joseph Mercy Health System. Increase number of physicians specializing in geriatrics that practice in the county.

What has been done?

- * Senior Emergency Room at St. Joe's in Howell – this still exists. – need to check on this.
- * Geriatric Training at hospital
- * Resource advocates leave packets to St. Joe's for seniors
- * Senior Reach is also providing senior packets

Next Steps?

- * What does a senior ER have?
- * May want to refer to Health Care Integration Care Team
- * How many physicians do we have with this specialty?
- * What does a geriatric specific appointment look like?

Recommendation 2

- * 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.

What has been done?

- * 2011 Referral form for healthy aging was created and presented to the LC Physicians Organizations BofD. – never got off the ground
- * 2011 Matter of Balance Trainings
- * 2012 Evidence Based – Enhanced Fitness Classes
- * 2013 “Food safety on the Go” evidence based program from AAA1b
- * Cooking Matters classes
- * Began to meet with center directors in 2012 to connect with needs

Next Steps:

- * Check if hospital systems would be willing to connect about the prescription for health program related to seniors
- * Review the old prescription pad
- * Invite medical staff to these meetings – maybe special meetings
- * Still cannot offer classes above at ALL 7 centers

Recommendation 3

- * 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.

What has been done?

- * 2010 Mobility Options Counseling Training
- * 2010 Chronic Disease self management program started
- * 2011 Print and disseminate RX for Better health brochure
- * 2013 AARP Driver's Safety Courses
- * Senior/ Youth Training at centers – emergency preparedness and wellness
- * Held a “stronger, longer” Workshop
- * Senior Reach Program and services
- * Trip hazards tips and trainings
- * More supports for Caregivers
- * On-going – Senior Power Day and Caregiver Fairs, Community Connect, Day of Caring
- * Senior Sock Hop

Next Steps:

- * Advocate for opportunities through various partners – senior friendly classes, volunteer opportunities



Goal #2 Aging in Place

Recommendation 1

- * Ensure all seniors have access to safe, affordable housing through the following efforts:
 - a. Increase access to Housing Choice Voucher program for seniors
 - b. Advocate for senior friendly ordinances in local townships

What has been done?

- * 2010 held the Senior Housing Renovations roundtable
- * 2010 held an assistive technology training
- * Housing Guide from Consortium on Aging
- * New Master Plan will have housing goals
- * Hoarding Training 2016

Next Steps:

- * Work with new housing to ensure accessibility requirements
- * Cottage units on sites
- * Affordable, as well as access conversations. Assisted Living can be expensive.
- * “Housing for all” conversations with the New Master Plan

- b. Advocate for senior friendly ordinances in local townships – Action Plan

Recommendation 2

- * Increase capacity and access to in-home supports in the county including, but not limited to home chore and maintenance assistance, respite, home health care, case management, medication management, home delivery of prescriptions, food, and supplies, and medical equipment lending.

What has been done?

- * 2011 EMS worked to provide flu shots to home bound seniors. While there, they changed light bulbs and communicated fall prevention techniques.
- * EMS are offering these supports currently
- * Caregiver Resource Guide by Consortium on Aging
- * Brighton Library Senior Resource flip guide
- * 211 referral program
- * Love INC and other Ministry programs
- * Loan closets at Love INC and Senior Centers
- * Creating Competent Caregivers Series is offered 2x a year
- * OLHSA/DHHS/AAA1b all have programs to assist with home needs
- * Grocery delivery service – tech challenges

Next Steps:

- * My Bridges website resource program. Link with 211
- * Advocate for increased wages for caregivers
- * Access to the programs for the care and support

Recommendation 3

- * Increase availability and use of home modification by:
 - a. Promoting the use of Aging in Place specialists
 - b. Developing a secure stream of funding and low interest loans for home modifications
 - c. Publicizing availability of home modification supports through 211
 - d. Creating incentives to increase the use of universal design (barrier free) in new construction

What has been done?

- * Worked with Love INC on home repairs program
- * OLHSA/DHHS/AAA1b all have programs to assist with home needs
- * Senior Housing Guide
- * Paulson construction's focus
- * Rotary Raiders build ramps
- * Veterans has some funding to help
- * Handyman programs in county and senior centers
- * AAA1b funds OLHSA to support home injury control program – just 60+ no income requirements

Next Steps:

- * Still need supports for home modifications at a low cost
- * Advertise the home injury control program
- * Explore resources for loan options

Recommendation 4

- * Develop fall prevention education and information to seniors and their caregivers and work with local facilities to better track injuries related to falls in the community.

What has been done?

- * 2012/13 worked with Brightstar to ID how falls are tracked. Also disseminated fall prevention checklists and published press releases and brochures on fall prevention
- * Held matter of balance trainings at senior centers
- * EMS will assess fall prevention efforts
- * Hoarding Task Force sharing prevention guidelines

Next Steps:

- * Unsure the tracking is realistic as the number of places people may go is high and unsure what the tracking would result in.



Goal #3 Community Engaging Seniors

Recommendation 1

- * Increase use of volunteers to assist seniors in the community. Work with the 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. Explore the Yale model that pairs volunteers with hospitalized seniors.

What has been done?

- * Chore Program at OLHSA
- * Day of Caring
- * Volunteer Livingston
- * Hospitals do have volunteers that visit the seniors.

Next Steps:

- * How do we let seniors know? Is it in resource guides?
- * Do we know if nursing homes have volunteers meeting with seniors.
- * Communication

Recommendation 2

- * Encourage education and employment within the senior population by:
 - a. Supporting the development and use of technology at key access points in the county such as senior centers and libraries to connect seniors with information and opportunities
 - b. Supporting sustainability and expansion of adult community education in the county
 - c. Engaging employment and economic development groups in discussions about workforce needs of seniors
 - d. Securing funds for workforce re-training

What has been done?

- * Installed computer labs at Brighton and Hartland Senior Centers
- * Communicate the libraries open labs
- * Employers embrace hiring seniors
- * Adult Ed Computer Classes – are there barriers

Next Steps:

- * Take word of mouth employment to a job board or employment board
- * Help prepare the seniors for technology advances. Classes.
- * Sponsor senior computer classes and equipment. Computer instructors.
- * Talk with Cleary/Washtenaw to see if they have older adult classes
- * Employability skills – Michigan works!

Recommendation 3

- * Increase outreach to home bound seniors to assess needs, connect with services, and prevent elder abuse/neglect and exploitation. Train current in home providers and volunteers to utilize the same assessment and information and referral process.

What has been done?

- * Began and Elder Abuse task force in 2017
- * Senior Reach
- * AAA1b – No excuse for elder abuse toolkits
- * Elder Abuse Training in April 2018
- * Increase state funding for in home services (silver key)
- * Hoarding Task Force

On-going Existing Supports

- * Resource Advocacy Programs at LCCC
- * Volunteer Caregiver Program
- * Meals on Wheels
- * SAVE Task Force
- * DHHS home help program – still has requirements/criteria. Increased caps for fund supports

Next Steps:

- * Connect LACASA with Elder Abuse Task Force
- * Check if in-home providers are connected with local training opportunities. Marie
- * Connect with 3 health care systems to provide education and training
- * Connect with 211 in order to access any additional resources they need (Meals on Wheels newsletter)
- * Direct mail campaign
- * Connecting to MiBridges website



Goal #4

Community Infrastructure and Supports

Recommendation 1

- * Develop and 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 county.

What has been done?

- * 211 was developed- Needs to be marketed
- * Senior Resource Guide created
- * Senior Housing Guide created
- * See Goal #3 – Recommendation #4 for additional points
- * HSCB Website – Resource Box
- * Brighton library Flip Chart – Is this still available
- * Resource advocates at LCCC update and contribute

Next Steps:

- * Commonly visited senior sites have links to the resources.
- * Improve the Resource Box to include links to local Senior resources (OLHSA, LCCC), Senior Reach, Area Agency on Aging. Must be comprehensive
- * Sheriff Business Card linking to Resource Box.
- * Connect with 3 health care systems to provide education and training
- * Connect with 211 in order to access any additional resources they need (Meals on Wheels newsletter)
- * Identify health care connections to assist with supporting this population

Recommendation 2

- * **Develop a community infrastructure which supports senior needs for mobility, health care, food, and social interaction and wellness activities.**

a. Senior Centers - Strengthen and expand senior centers in the county to be a central location for accessing wellness and education services, recreation activities, health care information and services, and information and referral for services and supports.

b. Transportation - Develop a comprehensive public and private transportation system based on the Michigan Senior Mobility Plan and recommendations from The Corradino Group that includes 24/7 services, fixed routes, reflective lines, larger letters on street signs, and development of accessible pedestrian sidewalks and crossings to ensure a walkable community.

c. Health Care - Encourage the centralization and coordination of health care services in the county by locating several health care services in one place or in key locations where seniors gather and live. Coordinate transportation and medical appointments to assist with accessing services.

d. Food - Increase capacity and outreach of existing food system including:

1. working with local grocers to provide grocery delivery and online or phone shopping lists
- ii. providing magnifying glasses in stores and ensuring signs are easily read by seniors
- iii. advocating for changes in label colors and readability
- iv. partnering with local farmers markets to develop a Senior Project Fresh Program in Livingston County.

What has been done?

- * Visited the OPC in Rochester
- * Created a prescription pad for healthy aging
- * Provided trainings – see other recommendations
- * Helped to develop a senior friendly ER at St. Joe's Hospital
- * 3 senior centers have grown and expanded membership. Definitely more connectivity and communication among them.
- * BofC appropriation for Trans expansion. Dialysis route, expanded routes, planning grant.
- * Have pick up groceries and grocery delivery now.
- * Gleaners fresh food as part of their services
- * Meals on Wheels offers Project Fresh and Prescription for Health program through Health Dept and St. Joe's
- * New Dental Clinic available to seniors

Next Steps:

- * Planning grant will drive new transportation goals
- * Walkable communities
- * Healthcare integration committee are working to identify and map out the health care opportunities in the county. Will look at gaps. Collaborate to provide services
- * Expand Prescription for Health Program to focus on seniors and offer through all 3 health systems
- * Explore a mechanism to provide resources for all senior centers equally

Recommendation 3

- * Increase capacity and training for existing non-profit and for-profit senior services and supports to be able to serve all seniors seeking assistance including low income and at risk seniors and their caregivers. Ensure consistent training and information to service staff to increase quality across the service system.

What has been done?

- * Had Monroe County share their successes and how they achieved a senior millage
- * 2011 – United Way helped cover the cost for prescription pads
- * Attended a training on “savvy marketing for senior centers”
- * Elder Abuse Training – April 2018
- * Core competency Training for skills

Next Steps:

- * Explore funding streams to increase supports – look out a couple of years. Start the planning and conversations now.
- * Explore how senior centers/services in the state are funded to support these programs. Map it out.

What's Next?