

Health Ministries of Sonoma County

Our Programs

- ▣ Seniors in Transition(SIT)
- ▣ Supporting Aging Seniors



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SIT Program Goals & Objectives

Goal

- ▣ Empower seniors to explore options and make informed choices for future alternative living situations and/or in-home care before a crisis hits.

Objectives

In a supportive environment:

- ▣ Explore stereotypes of aging
- ▣ Understand challenges, values and future desires
- ▣ Increase knowledge of available resources, care levels, care facilities in the local areas
- ▣ Develop personalized transition plans
- ▣ Enable conversations with families and loved ones



Results

- ▣ 35 programs (8- 2hr session) were held completed in Sonoma County Faith Communities from 2012-2018.
- ▣ Participant feedback validated the following outcomes:
 - Plans were developed and shared with friends and family
 - Participants realized a positive change in attitudes towards future life transitions.
 - A supportive community was developed within individual Faith Communities
 - ***Is there something like this for my adult children?***



SIT Status

- ▣ Offer facilitator training and SIT program materials to interested individuals annually within Sonoma County.
- ▣ Invited workshop for National Health Ministries Association annual meeting in 2016
- ▣ Flash Drives to enable the program have been distributed nationally upon request since 2016
- ▣ In 2019 2-webinars have been given in association with ALOA (Adult Lutherans Organized for Action)

**“SUPPORTING AGING
SENIORS”**

Goals for Today

- ▣ Introduce the Supporting Aging Seniors Program
- ▣ Gauge interest in having this program made available as an on-line interactive program

Thank you in advance for helping us to pilot and consider an on-line format for this program.

Supporting Aging Seniors

- ▣ Developed 2016 & Piloted in 2017. Launched in 2018 within Sonoma County California.
- ▣ Target audience is children and/or advocates of seniors
- ▣ Designed as 3- 2hr sessions with flexible timing
 - ▣ Beginning the Conversation
 - ▣ Living Arrangements
 - ▣ Planning for the Future (Financial, Legal, Health)
- ▣ Appropriate for faith or secular groups
- ▣ Group size- 20-30 participants



Program Overview

- ▣ This program looks ahead to a time when someone you love may no longer be able to live safely in complete independence.
 - In an interactive, compassionate and supportive environment, you will hear and share about the challenges of aging; physical, emotional, financial, legal, and spiritual.
 - You will also learn about the resources available to support aging senior citizens.

Objectives

▣ **You are not alone!**

- Participants will share concerns and strategies for caring for loved ones
- Discover what is most important to you and your loved one's as they age? Rarely are they the same.
- Learn about available resources for supportive aging
- Be prepared to develop a plan *in consultation* with your loved ones.
- Prepare for critical conversations to enable better communication with loved ones



The Landscape*

- ▣ U.S. life expectancy-77 years
- ▣ 78M baby boomers started turning 60 in 2006
- ▣ 85+ age group will double by 2020
- ▣ 95% of individuals want to age in place
- ▣ Assisted and skilled nursing facilities are unaffordable for many
- ▣ Long-term care planning is poor and tends to be emergency driven.

*Statistics from Homewatch CareGivers

The Landscape*

Family Caregivers

- ▣ Only 5% of seniors receive care in institutional settings
- ▣ 80% of all care to elders is provided by family members
- ▣ 42% of all workers provide some form of elder care
- ▣ 68% of adult children live in a different community than parents
- ▣ 73% of family caregivers report adverse health as a result of caregiving

*Statistics from Homewatch CareGivers

Session One

Beginning the Conversation

- Assessment
 - Signs that your aging senior needs help
- Changing relationships
- Exploring Values; Yours/Theirs
 - Go Wish Cards
- Critical conversations with Loved Ones
 - When? What Not to do? What to talk about? What does success look like for you?

Assessment:

Signs that your aging senior needs help

Areas to Consider:

- ▣ Household Management
- ▣ Personal Appearance/Hygiene
- ▣ Physical Issues/Safety
- ▣ Diet
- ▣ Socialization
- ▣ Mental Alertness

Assessments

- ▣ Personal observations
- ▣ Home health professional
- ▣ On-Line tools

Changing Relationships

Difficult questions-

- Whose in Charge?
- How much should you intervene?
- Are you the parent now?
- Distinguish what you need from what your parents need.

Critical Conversations

- **When?**
- **What Not to do?**
- **What to talk about?**
- **What does success look like for you?**

Session Two

Living Arrangements

- ▣ **Staying at Home**
 - **My Home or Yours?**
 - **Home Safety**
 - **Home Care**
 - ▣ **What is available. When to engage? Costs?**
- ▣ **Alternate Living Options/Senior Communities**
 - **Types of communities. Cost?**
 - **Cost comparison worksheet for staying in home vs. senior communities**

Session Two

Additional Topics

- ▣ Downsizing
- ▣ Resources
 - Local Resource Guides
 - Interviewing Caregivers, Interviewing Communities
 - Book, Internet Resources

Session Three

Planning for the Future

Financial Concerns & Planning

- Planning ahead;
 - beliefs about money,
 - how much is enough,
 - strategies for living; insurance possibilities

Session Three

Planning for the Future

- ▣ Legal Issues Related to Aging
 - ensuring elements are in place for end of life decisions, working with seniors before a crisis
 - ▣ Estate Planning
 - Wills/Trusts
 - ▣ Durable Power of Attorney
 - ▣ Medical Directives, POLST

Questions?

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