Making Aging Well Possible: An Introduction to Benjamin Rose

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Welcome!

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- What's one small thing that made your day easier this week?
- If your week had a theme song, what would it be?
- Raise your hand if your life has become a lot more about planning, patience, and pivoting than it used to be.

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Agenda

- An Overview of Aging Services
- Addressing the Practical Needs of Stroke Survivors and Their Family/Friend Caregivers
- Ensuring a Conversation Around Caregivers and Caregiving
- What This Means for You

Our Mission

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Committed to helping older adults remain healthy, safe, and at home

To serve as a trusted partner in the aging journey for individuals of all backgrounds as well as those who care for them.

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An Overview of Aging Services

Needs Through the Lens of Aging

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Bone Density Health

Solving for Frailty, Mobility Concerns

Mental Health

Coping with Stress, Social Isolation, Depression, Anxiety

Fixed Income

Focus on Financial Planning

Access to Services

Affordable Senior Housing, Transportation

Options and Cost

Long-Term Care

Solutions to Address Unmet Needs

Care Coordination

Managing Interactions of Multiple Drugs

Med Management

Risk Reduction: Diet, Exercise, Stress-Reduction, Smoking Cessation

Lifestyle Changes

Key Resource: Area Agency on Aging

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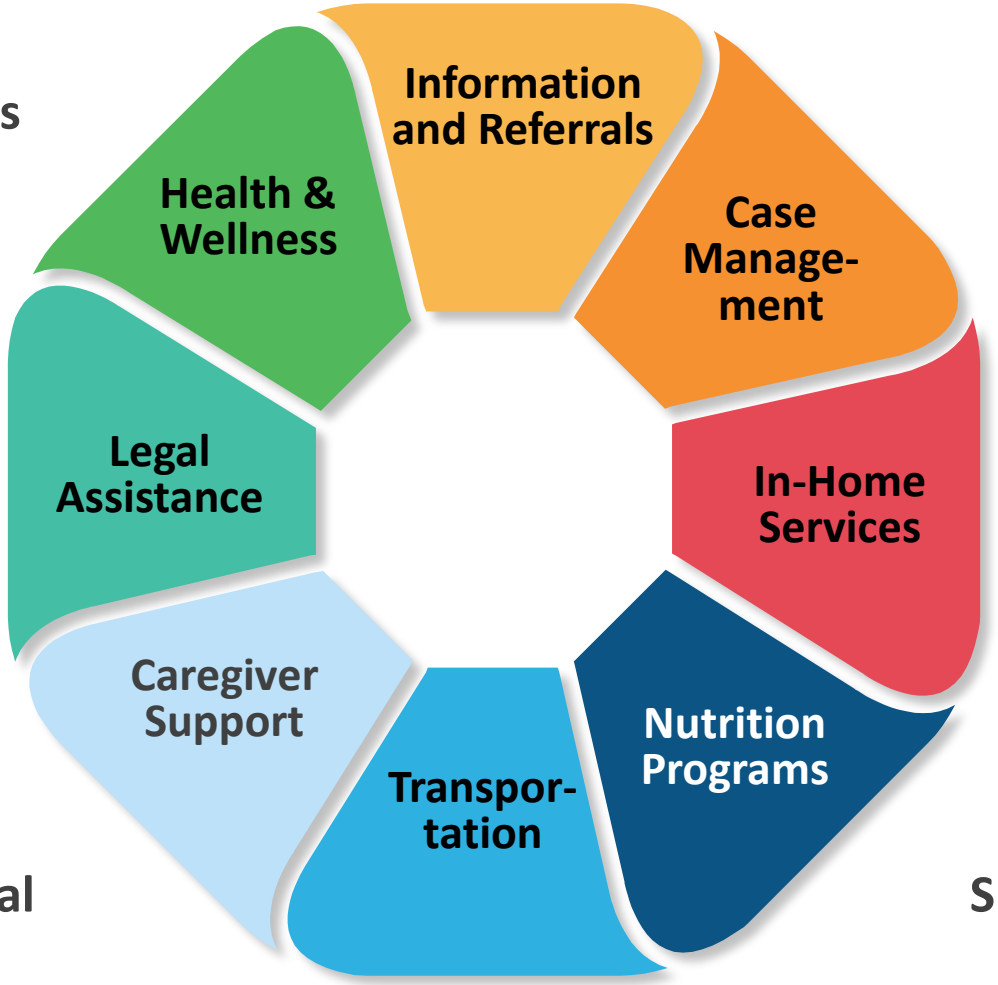
Simplify Access

Advocate



Connect to Local Resources

Suppport Aging in Place

Key Resource: Senior Centers

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Community hubs that promote social engagement, health, and wellness. Often run in partnership with local governments or nonprofits.

- **Group Meals & Nutrition Programs**
- **Health Screenings**
- **Lifelong Learning and Socialization**
- **Recreational and Fitness Activities**
- **Social Work Support**

Key Resource: Local Nonprofits

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Transportation, meals, and home visits

Financial assistance and housing support

Community-Based
Faith-Based
United Way

Case Management

Care Navigation
Caregiver Support

Flexible, culturally sensitive, and often free or low-cost assistance

Key Resource: PACE

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Provides all medically necessary care and support services through an interdisciplinary team

Able to live safely in the community with PACE support

Age 55+

Dually eligible

Eligible for nursing home level care

Live in a PACE service area

McGregor PACE Locations in Ohio

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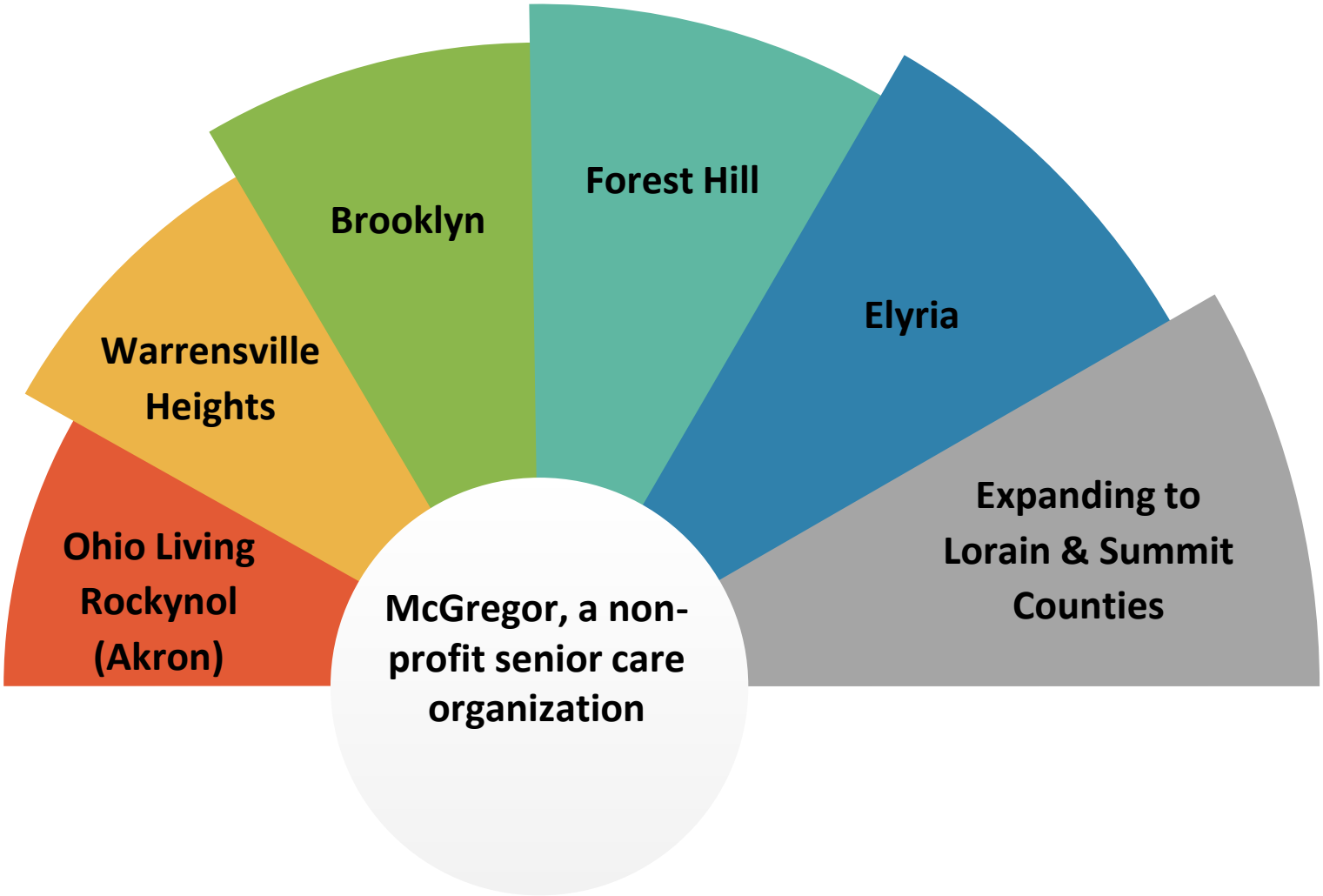

Key Resource: VA

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PACT: Patient Aligned Care Team

Caregiver Support and Stipend

Medical Care and Community-Based Benefits

In-Home and Long-Term Care

Supplies and Durable Medical Equipment

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Addressing the Practical Needs of Stroke Survivors and Their Family/Friend Caregivers and How an Aging Services Organization Can Help

Level-Setting: What You Know

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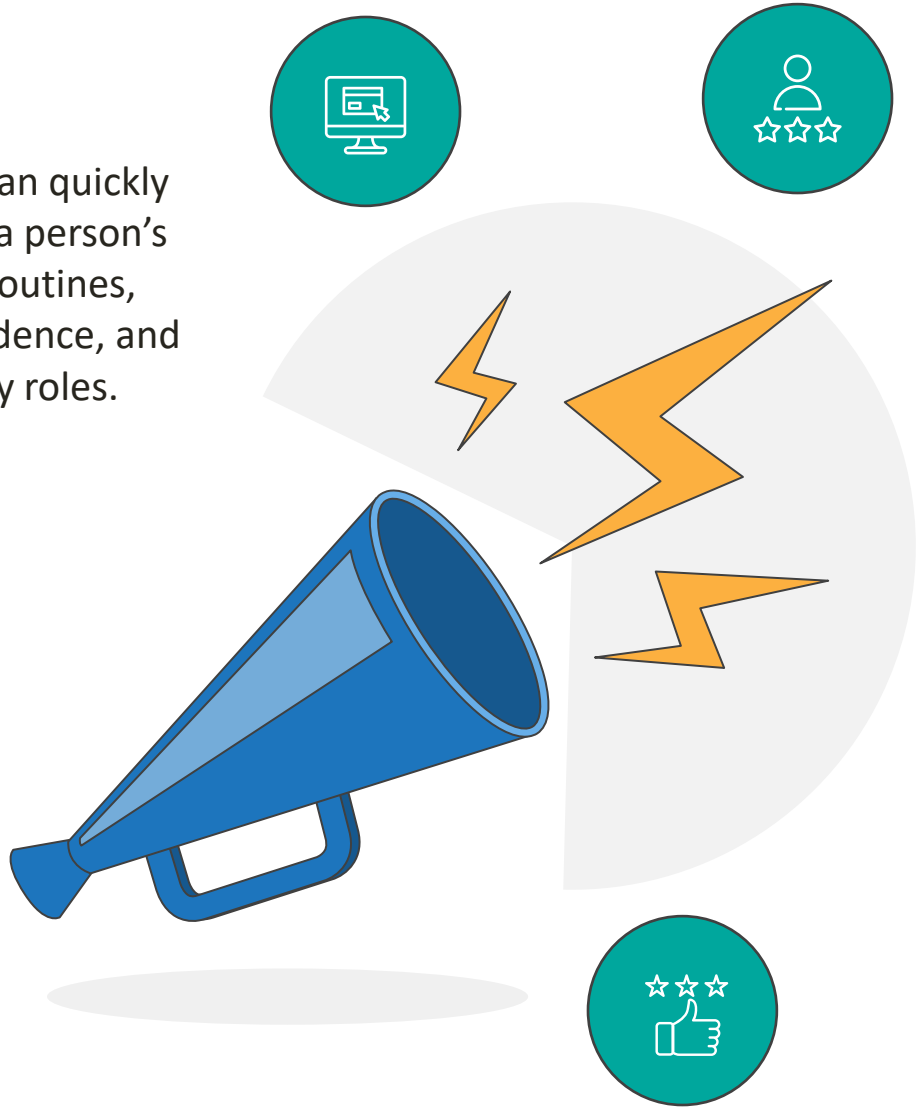
Stroke can quickly change a person's daily routines, independence, and family roles.



Recovery is not only medical; it is also about rebuilding daily life.

Respite and shared caregiving can prevent burnout and make care more sustainable.

Stroke changes both the survivor's life and the caregiver's role.

Engaging with community supports is key.

An Example: Benjamin Rose

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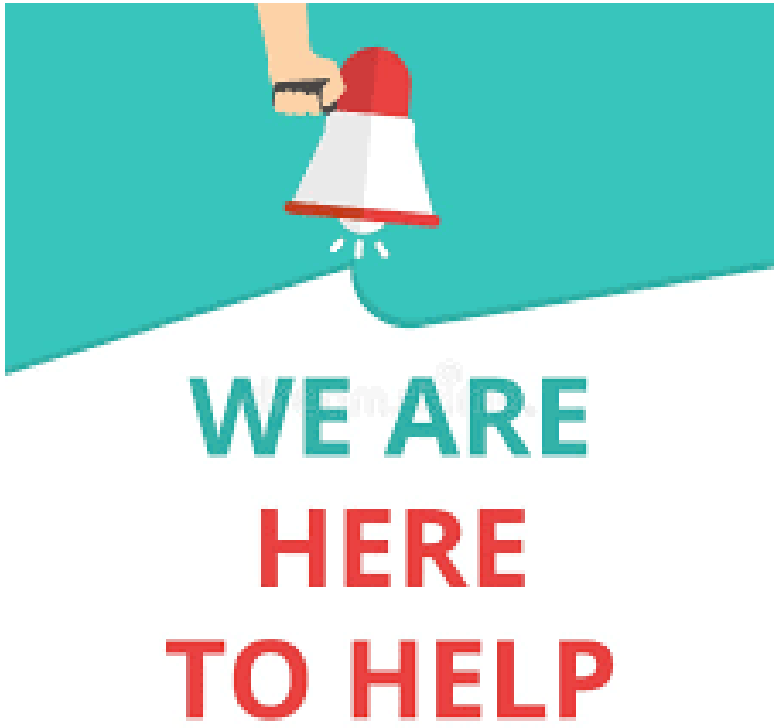
- Supportive services designed to help people remain at home and better coordinate care across needs.
- Help to navigate the complicated weeks and months after stroke.
- Guidance to address issues related to quality of life, safety, daily support, and caregiver strain.



One Call for Multiple Senior Services

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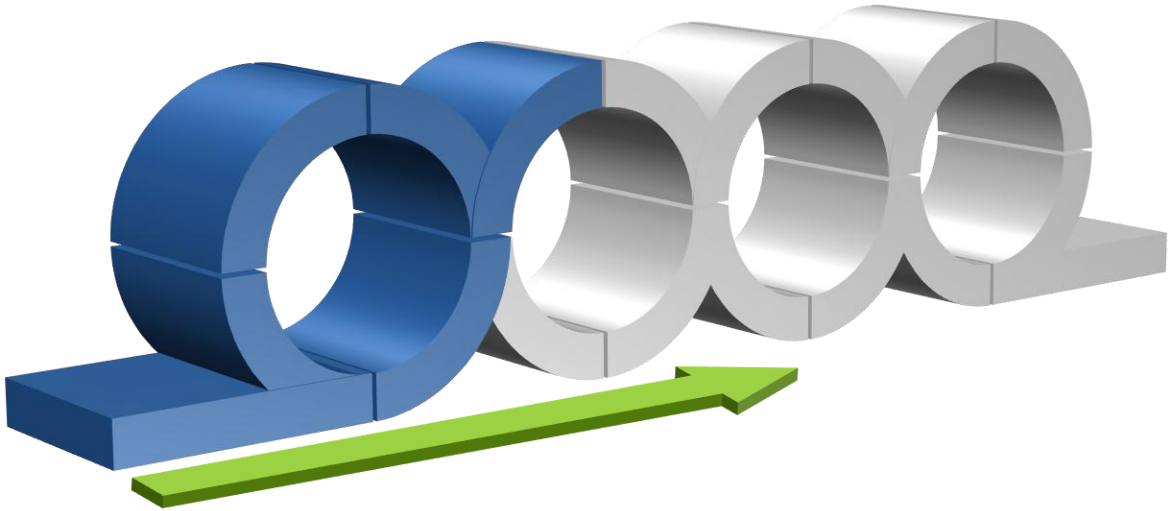

- Meals on Wheels, Senior Centers and Congregate Meals
- Care Navigation & Caregiver Support
- Onsite and In-Home Behavioral Health Counseling
- Margaret Wagner Apartments
- Financial and Home Ownership Counseling
- Financial Education and Computer Workshops
- Senior Companion Program

Home Ownership

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- Pre- and post-purchase counseling
- Foreclosure prevention
- Property tax counseling
- Applying for down payment assistance
- Qualifying for a mortgage
- Avoiding homebuying pitfalls

Housing Stability

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- Transition Counseling
- Rental Counseling
- Setting goals
- Budgeting
- Determining affordability

More than half of older renters spend more than 30% of their monthly salary on rent.

Social Isolation: Technology

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- COST training
- Computer Literacy
- Financial Counseling
- New programming to focus on MyChart and online banking

Social Isolation: Socialization

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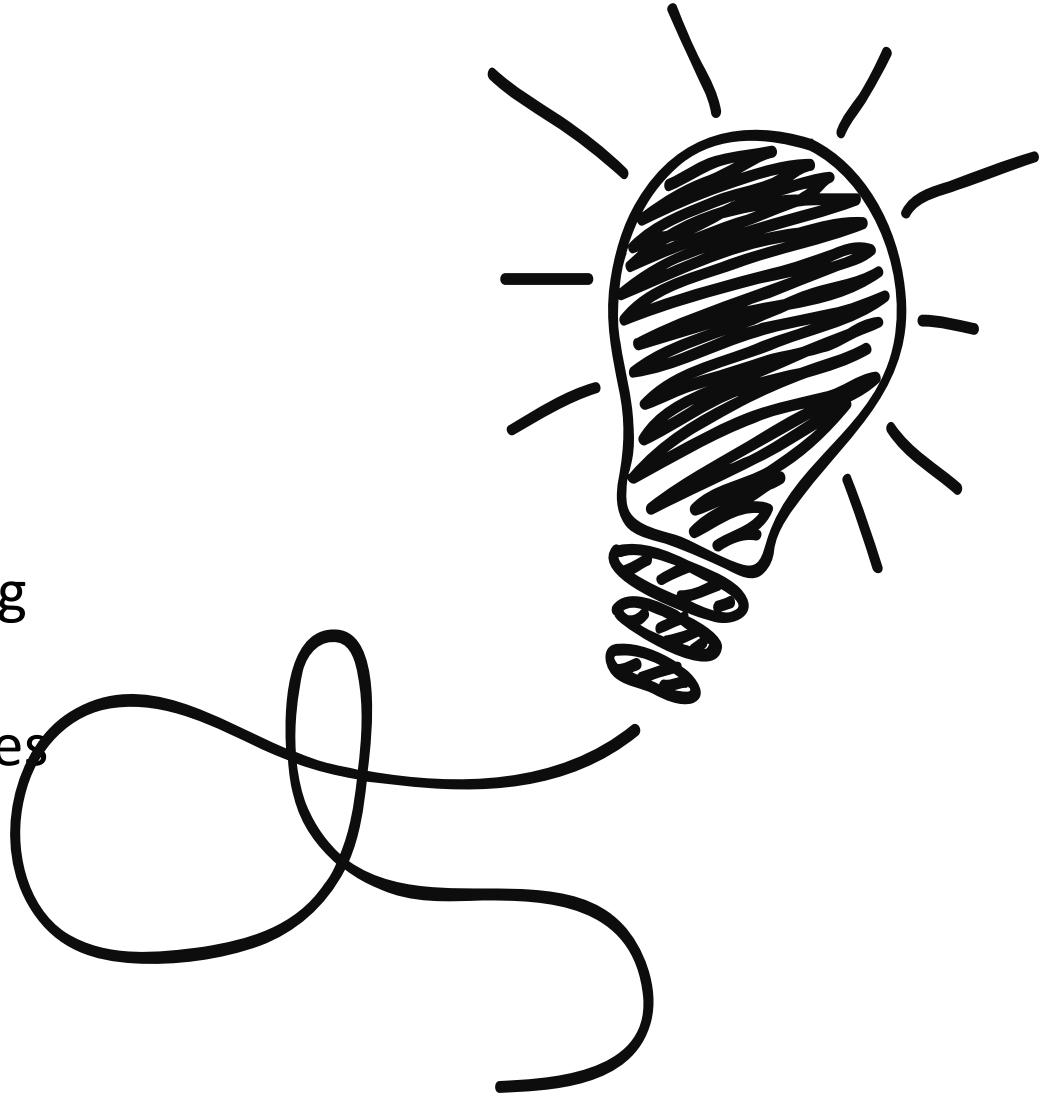
- **Rose On The Go**: Our response to the younger older adult's desire to be engaged and active
- Redefining and expanding how Rose Centers for Aging Well engages active adults by embedding opportunities and experiences in their communities



Nutrition

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Meals on Wheels

- 1,116 people served in 2023
- 167,648 meals delivered
- 800 meals per day, fresh and/or frozen
- Fleet of 11 Trucks
- Daily Delivery in Cuyahoga County
- Eligibility: Must be homebound AND food insecure (insecurity alone is not enough)

Congregate Meals

- 562 participants received 40,725 meals in 2023
- Locations:
  - Gunning Park (West Park Neighborhood)
  - East Cleveland at Salvation Army Lakeshore/Paul Alandt (North Collinwood)
  - King Kennedy (Midtown – residents only)
  - James H. Woods (Cleveland's Near Westside – residents only)
  - Fairhill Partners (Larchmere Community)

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Ensuring a Conversation Around Caregivers and Caregiving

Aging in Place

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- Nearly 90 percent of older adults in northeast Ohio said it is important to them to be able to remain in their neighborhood as they age.

But. . .

- more than half of them worry they may not be able to do so.

Staggering Reality of Caregiving

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Health Impact:

70%

Up to **70%** of caregivers have at least one mental health impact

Life-Threatening:

52%

52% of sandwich generation caregivers have experienced active suicidal ideation

Physical Challenges:

40%

40% of caregivers report having 2 or more of their own chronic health conditions

Unseen:

50%

50% of caregivers do not identify as such

Supporting Stroke Family Caregivers

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Review the following checklist weekly to make sure you are taking good care of yourself:

- ☐ **Eat better.**
- ☐ **Be more active.**
- ☐ **Get healthy sleep.**
- ☐ **Make time for yourself.**
- ☐ **Keep humor in your life.**
- ☐ **Get out and about.**
- ☐ **Watch out for depression.**
- ☐ **Take care of business. Keep living.**
- ☐ **Keep medical and dental appointments.**
- ☐ **Think positive.**
- ☐ **Stay connected with the outside world.**

What Caregivers Say They Need

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- ✓ Caregiving education and training
- ✓ Improved access to information and referral services
- ✓ Help with care coordination and care transitions
- ✓ Respite care

Let's Define Care Navigation

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- Structured, person-centered service in which a trained navigator partners with individuals and their families to guide them through fragmented health and social service systems
- Ensures coordinated care across multiple providers and sectors
- Facilitates timely access to appropriate medical, behavioral health, and social resources
- Helps clients understand options, complete referrals, and overcome barriers to care
- Emphasizes relationship-building, education, and advocacy to foster client self-management, promote continuity of care, and ensure people receive the right care in the right place at the right time

Care Navigation = Comprehensive Care

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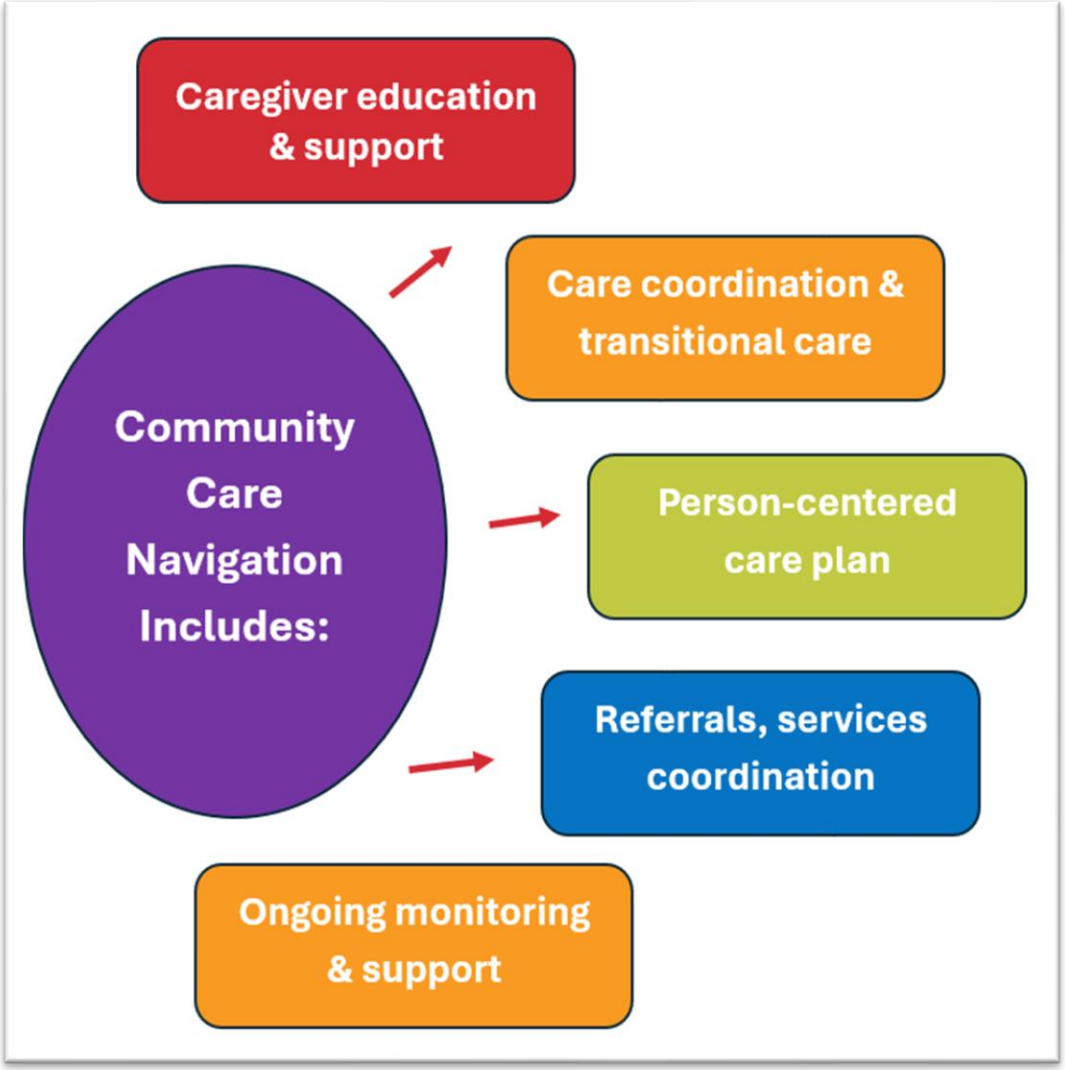

Addresses unmet needs, social care needs for both the caregiver and care recipient

A Community-Focused Approach

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- Focuses on both the patient and the family/friend caregiver
- Takes healthcare checklists and helps families implement them
- Addresses needs of caregiver as a caregiver AND in all other aspects of their life
- Looks at non-medical needs and puts plans in place to address them
- Includes attention to evolving emotional needs, not just practical issues
- Allows for longer relationship to reinforce education, training, self-care

Care Navigation

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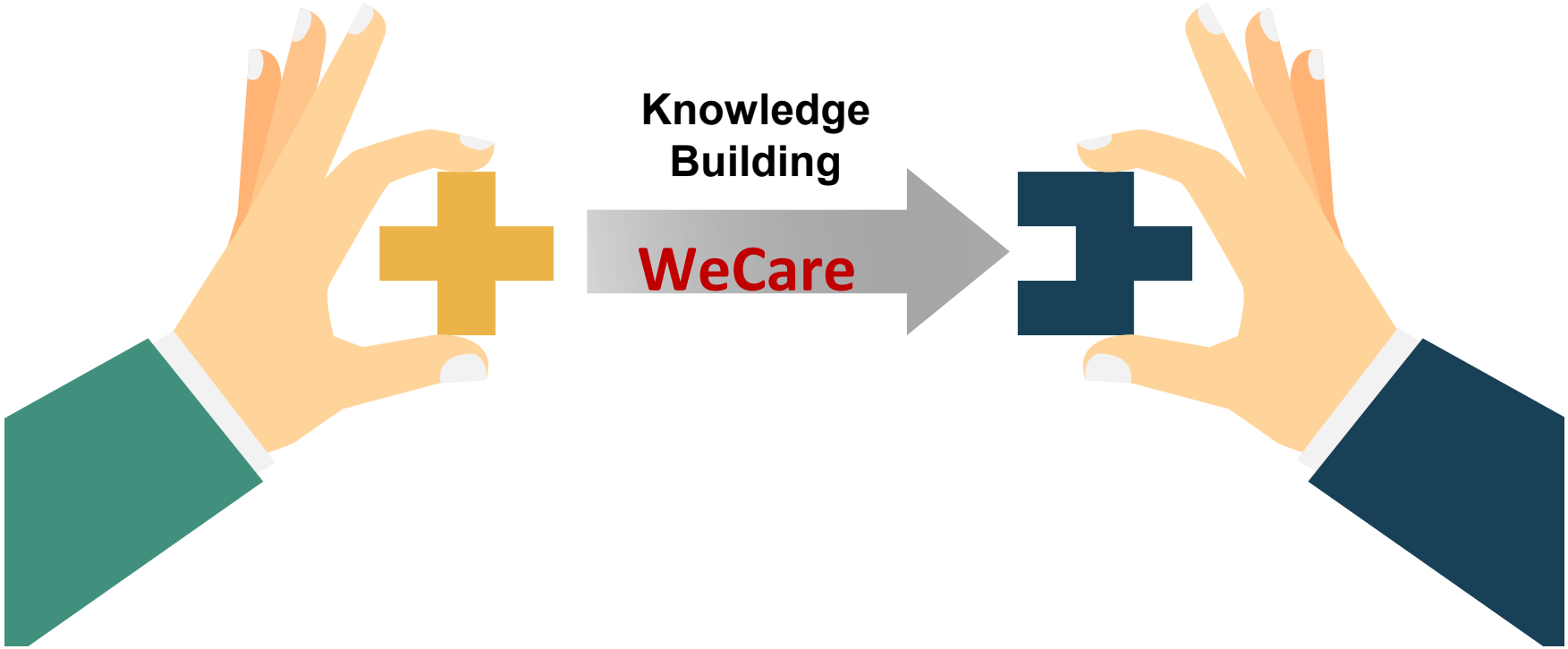

Navigation Support: Connect caregivers with programs and services that address care needs or lessen the load on the caregiver.

Informational Support: Provide reliable information about key topics and strategies for coping with complicated caregiving situations, difficult behaviors, and challenging conversations.

Caregiver Support

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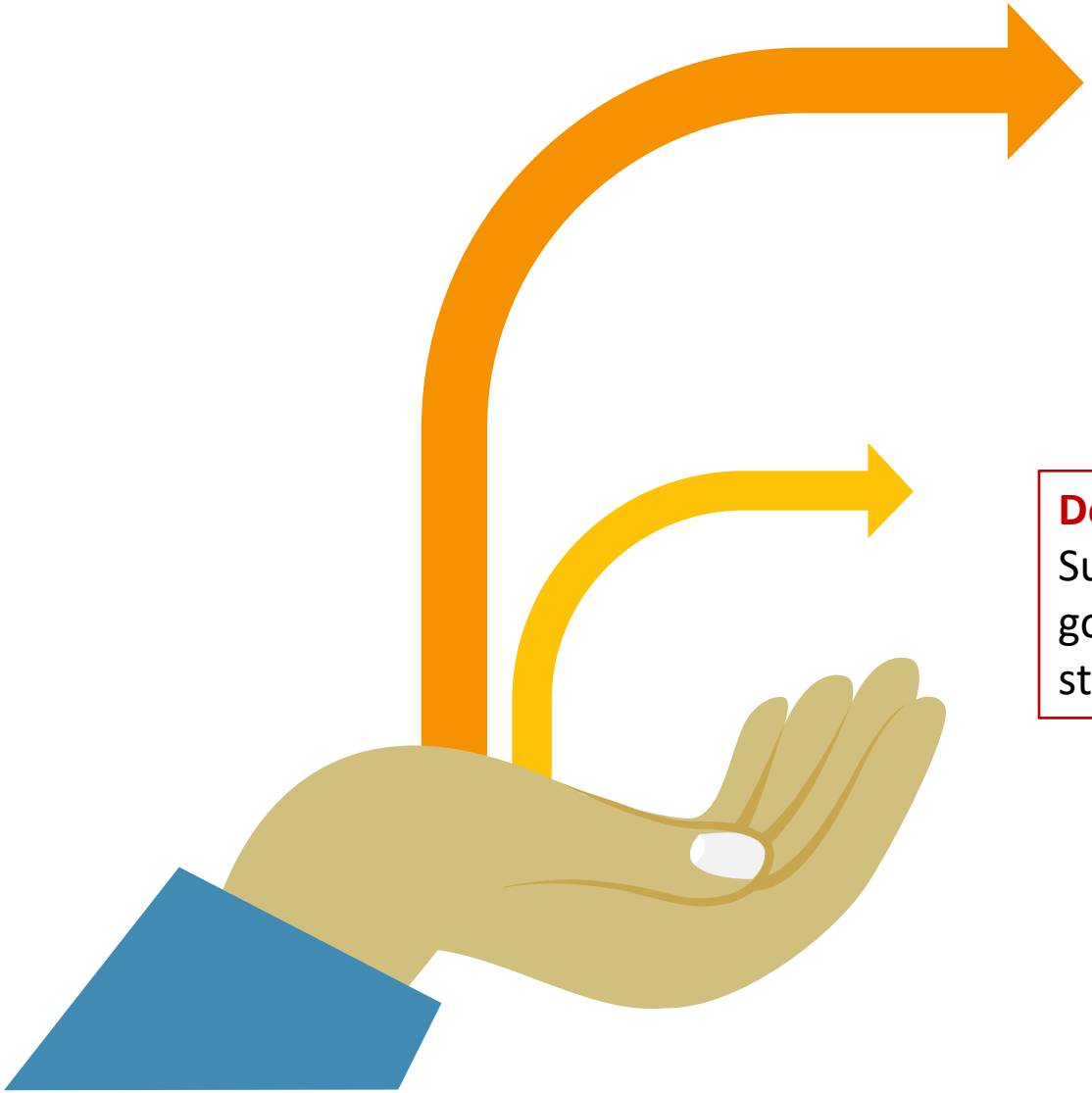

Emotional Support: Help caregivers identify tools and supports to maintain their own health and well-being.

Decision-Making Support: Support caregivers to identify goals and create realist action steps.

WeCare: So Much More Than 211

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211

- Provides information about essential community services
- Problem-focused
- Designed as a 1-time conversation
- No attention to informal network
- Attention to current information need
- Caller is the main client

WeCare

- Provides information about services --plus coaching/ support to access them
- Problem- and prevention-focused
- Designed as an ongoing relationship
- Organizes informal network
- Attention to current AND future plans for care
- Caregiver and patient are both primary

Program Impact

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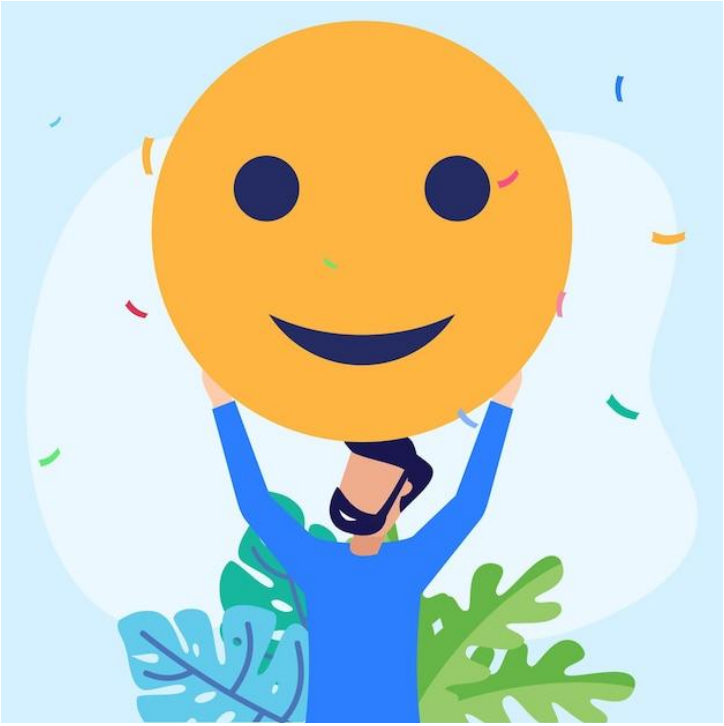

- More effective connections to community-based services.
- Decreased depression, relationship/emotional strain, isolation.
- Enhanced capacity to manage/ provide care.
- Fewer unmet needs for both care partners.
- Fewer hospital admissions/re-admissions, and emergency room visits for older adults.

So Where Does This Leave Us?

What Does This Mean for You?

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- Medication Management
- Appt Assistance

- Driving
- Home Safety
- Legal/Financial Planning
- Communication Strategies

- Hobbies/ Activities
- Respite
- Stress Reduction

- Disease Education
- Skills Training

- Active Listening
- Understanding

- Food; Socialization
- Transportation
- Home Health

Questions?

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Resources

Additional Benjamin Rose Resources

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How We Can Help

Visit our Website for Resources: www.benrose.org

Ongoing Webinars

https://www.benrose.org/events-and-workshops/

Ask The Expert: May 21

https://us06web.zoom.us/webinar/register/WN_FPQzks4uSPmIfoEJg_CIDg#/registration

Learning Collaborative: June 18

https://us06web.zoom.us/webinar/register/WN_buDk0VwtQoW4RAf8k1d_EQ#/registration

Summary of Aging Services 1

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HRSN	PROVIDER	FEE	MEDICARE	MEDICAID	HOW FIND?	SERVICES
Access to Services and Support	Area Agency on Aging (AAA)	No	No	Yes – for services	Use Eldercare Locator	I&R, case management, benefits/health insurance counseling, family caregiver support
Socialization Nutrition	Senior Centers	No			Contact AAA	Congregate meals, activities, socialization, movement
Nutrition	Meals on Wheels	No (Title III)	Short term post-discharge	MCOs	Contact Meals on Wheels	Home delivered meals
Access to care	Home Health	Hourly	Short term post-discharge	Yes, via waiver programs	Recommenda-tions, AAAs	Respite, in-home non-medical, personal care
Socialization	Friendly Visitor Service	No: volun-teer-based	No	No	Senior Center, local government	In-home companion visits
Transportation	Health insurance, community orgs, paratransit, ride share	Maybe. Often free for medical appts	Medicare Advantage Plans may provide vouchers for appts, labs, pharmacy,	Emergencies and medical appts	Contact AAA	Rides to medical appointments, grocery shopping

Summary of Aging Services 2

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HRSN	PROVIDER	FEE	MEDICARE	MEDICAID	HOW FIND?	SERVICES
			fitness. Medicare covers limited non-emergencies			
Socialization, Access to healthcare	Adult Day and PACE	Hourly or daily	No	Yes	National Adult Day Services Assn.	Respite Exercise, personal care, basic healthcare, med mgmt
Socialization	Libraries	No	No	No		Socialization, education
Legal Support	Legal Aid Pro Seniors	No	No	No		Legal assistance
Caregiver Support	CBOs	No	No	No	Benrose.org Ohio State/Ohio Department of Aging	Financial Fatigue of Caregiving workshop (one hour module, virtual)
Housing	CBOs	No	No	No	Websites: HUD County Livable Cuyahoga United Way 211 Benrose.org WRAAA	Foreclosure Prevention Homeownership Workshops First-Time Buyers Aging in Place Pre-Purchase Counseling Rental Counseling