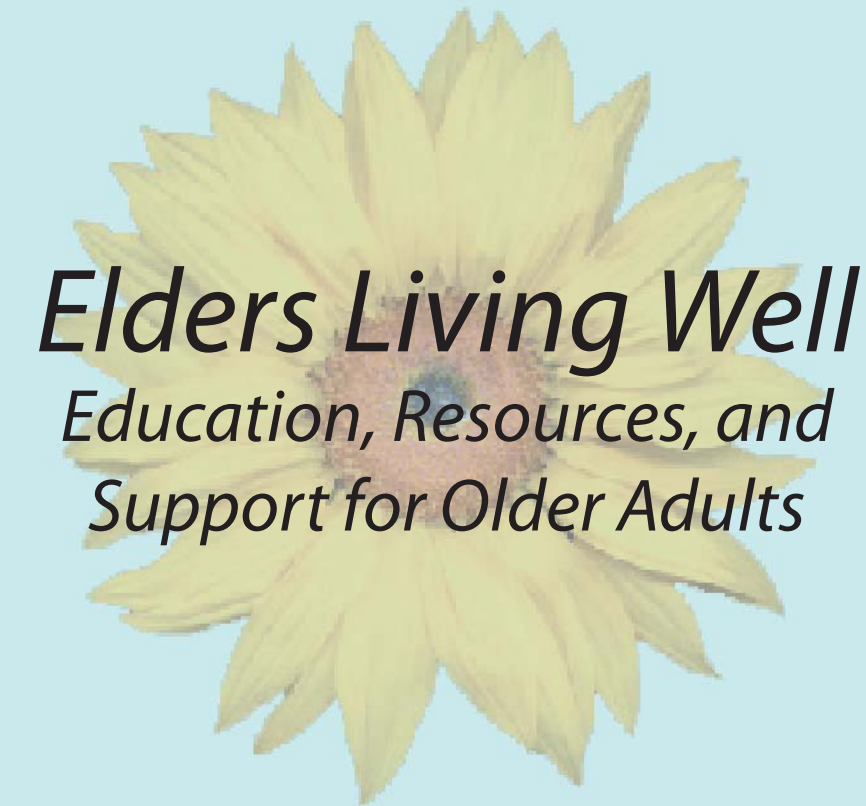




**Grantee:**  
**Family Eldercare**



**Elders Living Well**  
*Education, Resources, and Support for Older Adults*



**Service Area: Austin & Georgetown, TX**

*Principle Partners: Area Agency on Aging of the Capital Area, Housing Authority of the City of Austin, Coming of Age-Austin Metro, Helping the Aging, Needy, and Disabled, Meals on Wheels and More, New Connections, University of Texas Schools of Social Work & Nursing*

## Project Description

### Target Population:

Low income older adults residing in public housing and subsidized housing communities.

### Goal:

Promote a community in which older adults are active and barriers to aging in place are proactively addressed.

### Key Components:

Who	Responsibilities
Family Eldercare	*provides service coordination *organizes volunteer programming *coordinates on-site healthy aging programs
Housing Authority of the City of Austin	*provides a Wellness Coordinator & staff *conducts outreach *assists with activities *organizes resident councils
On-Site Partners	*provides direct services *organizes educational programs *advises & evaluates

### We Prevent Premature Institutionalization and Help Seniors Age in Place By:

- Teaching staff and residents to recognize signs that an older adult needs additional support
- Reducing the risk/potential of falls by increasing activity levels
- Reducing medication interaction problems
- Improving memory performance
- Increasing participation in on-site activities and volunteer projects
- Increasing knowledge and skills among older adults
- Increasing understanding of the relationship between program activities and older adult move out rates

## Project Close Up



**Meet Mrs. B.:** Mrs. B. is a dynamic and outgoing 68 year old woman. She was one of the first residents to volunteer for an in-depth assessment at her property. The assessment identified several needs including reinstatement of Medicaid benefits and help organizing and paying bills. She also wanted to volunteer and be more involved socially. Our MSW intern worked with the Service Coordinator to organize all of Mrs. B's bills, help her reinstate her Medicaid benefits and secure Food Stamps. She has become an active member of the community and will soon volunteer at a local hospital.

### Programming Based on Resident Feedback:

Results of a survey given to residents to discover program preferences are shown below along with the actions taken to fulfill these requests. The percentages show the number of residents surveyed who requested that program.

Desired Program	Implementation Into Program
Group or Partner Exercise (48%)	*free yoga classes offered through a community partner *contracting with a personal fitness instructor
Memory Loss Prevention Strategies (47%)	*SeniorWise memory improvement sessions offered *developing new program with New Connections
Socials (41%) & Hobby Groups (39%)	*resident led activities such as sewing, pool, crafts and horseshoes now offered *Coming of Age recruited new groups to provide entertainment
Nutrition Education (36%)	*on-site Healthy Aging Fairs and nutrition workshops offered by Meals on Wheels
Computer Education (32%)	*computer classes offered through Housing Authority contract
After Hospitalization Care (29%) & Deep House Cleaning (29%)	*care facilitated by Service Coordinator as needed *short term contracted services are available

### Elders Living Well Is an Innovative Initiative Because:

- \*it involves collaboration between multiple public and nonprofit agencies
- \*the Housing Authority of the City of Austin fully supports the project
- \*the program focuses on evidenced based practices including fall prevention, medication management, depression and memory improvement
- \*the comprehensive approach used will help identify potential problems sooner

## Accomplishments & Challenges

### Accomplishments:

- \*Collaboration to offer more/better services
- \*Programs established on-site
- \*Collaboration to provide 4 major programs to address resident needs: Healthy Aging Fairs, SeniorWise Memory classes, Matter of Balance and Medication Screening
- \*84% of residents age 60+ have received help from a Service Coordinator
- \*Creation of volunteer programming for residents and community volunteers

### Challenges & Solutions:

Challenge	Solutions
Program Implementation Through Multiple Partners	*established regular meetings to enhance communication *commitment of designated staff to ensure consistency *evaluation of partnerships through surveys and discussions *revise to work group structure
Engaging Residents in Activities and Programs	*relationship building between project staff, residents, and property staff *seeking resident feedback and incorporating changes based on feedback *designing incentive programs to encourage participation in activities and volunteer programs