

ELDER-FRIENDLY COMMUNITY: RESOURCES



Health, Housing and
Human Services Council

*Supportive
services can
make the
difference
between being
able to “age in
place” and having
to move.*

Elder-Friendly Community
Steering Committee

BI Senior Center
Community Housing Coalition
Health, Housing and Human
Services Council
Helpline House
Housing Resources Board
Interfaith Volunteer Caregivers
KC Area Agency on Aging
Lutheran Community Services NW
WA Adult Day Services Assoc.

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Access to Resources Key to Aging In Place

An array of resources and services is essential to maintaining quality of life and to comfortably stay in one's home. Most people want to stay in their own homes and “age in place.” Working together as a community to coordinate informal and formal networks of services increases available supports.

Strategies to Increase Access to Resources

Enhance personal in-home care options

Chore services help with daily chores or one time home repairs.

Home care services include assistance with daily living and non-medical needs, such as bathing and help in moving about.

Home health care services involve more skilled care for health-related tasks.

- Develop a community network of volunteers who will commit to meeting one-time needs ranging from building repair to financial guidance.
- Encourage service providers to formalize a process to coordinate personal services and care attendants. Offer education to both those receiving and providing care; formal screening, training, and linking of service providers to persons in need.
- Make personal care more accessible by helping people identify funding and services. Increase awareness and use of case management and caregiver support services.
- Advocate for stronger standards for care providers. Support state licensing and a care provider registry that includes background checks.

Provide information and services for individuals & families

- Provide accessible adult day services and respite care; local caregiver support groups; case management services when needed; and awareness and education for family members about resources and services.
- Support the Senior Center facility, programs and volunteers; and the availability of cultural, recreation, and social activities.
- Continue to support volunteer programs such as Interfaith Volunteer Caregivers that provide paid management of volunteers, and who offer transportation, some services, and companionship for older adults.

Increase availability of case management options

- Encourage coordination among providers of programs and services.
- Collaborate with medical providers to make it easier to link seniors to resources, including supportive services and prescription drug assistance.
- Develop additional resources for persons in need of financial management assistance such as payee services.
- Provide a services coordinator for people living in retirement communities. Inform senior housing managers about ancillary, medical, and case management services.

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*Art knows no
age. The body
may change,
but the
imagination still
burns bright.*

Jane Alexander

Aging well

Most of us intend to age well. In fact we are living longer and healthier than ever before. Overall, older adults' perceptions of themselves, the aging process and being elderly are generally positive. Most of us associate successful aging with good health, freedom to move about and engage in the activities we enjoy, financial security, independence, a positive attitude, physical activity and meaningful family, social and civic relationships. These strategies have been shown to encourage successful aging:

Support community activities that enhance well-being

- Develop life long learning opportunities.
- Ensure a range of social, recreational and leisure options.

Promote healthy behaviors

- Provide information, education and classes that support taking good care of personal health, including nutrition and exercise classes.
- Participate in prevention activities, including routine health screenings.
- Provide for a walkable and safe community – to encourage exercise and independence.
- Encourage routine press coverage of activities that promote healthy aging.

Provide ready access to health services

- Affordable, accessible medical, dental, social and behavioral health services are important. Good health is essential to enjoyment of daily activities.
- Affordable prescriptions, packaged for ease and accuracy of use, are part of the services needed.

Promote social and civic engagement

- Foster and support meaningful connections with family, neighbors, and friends.
- Promote active engagement in community life.
- Provide opportunities for meaningful paid and voluntary work.
- Make aging issues a community-wide priority.