



Health, Housing and  
Human Services Council

**Senior Day Services and  
Affordable Assisted Living**

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For more information about the needs assessment follow-up process or to obtain a copy of the Summary Report, please contact Jan Lambert, HHHS Executive Director at 842-9335.

For more detail about the action team's discussions, key findings, and recommendations, please request the complete action team report.

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# SENIOR DAY SERVICES AND AFFORDABLE ASSISTED LIVING

## ACTION TEAM REPORT

### Background

The 2000 Census reports 17.1% or 3,463 of Island residents are 60 years of age or older. Health care costs, affordability of housing, rise in taxes and availability of supportive services have had an impact on seniors. Older persons who become ill, experience chronic conditions, have reduced financial resources, or who become homebound are most affected, as are their adult children seeking to provide care for them.

The Action Team examined options for affordable assisted living to serve Bainbridge Island residents and defined terms in the following way:

**Assisted Living** is defined nationally as a special combination of housing, supportive services, personalized assistance, and healthcare designed to respond to the individual needs of those who require help with activities of daily living and instrumental activities of daily living such as shopping.

**Affordable** is defined using low-income guidelines. In 2003, "needy" for a single person is less than \$570/month and \$846/month for a couple. Federal Poverty level for a single person is \$750/month and \$1010/month for a couple.

### New Focus: Assistance with Living in Place

In examining options for affordable assisted living on Bainbridge, the Action Team early on recognized the reality that most seniors desire to and in actuality do, live in housing outside assisted living. Consequently the focus became strategies and recommendations that support a spectrum of services for "assistance with living in place". This more affordable orientation emphasizes identifying specific types of assistance that help seniors live in a safe, community connected, quality of life environment, whether living in a house, condo or senior housing.

### Key Findings

- **At present, affordable assisted living does not exist on Bainbridge Island.**  
Two financial categories of housing available to seniors were noted: subsidized and market rate. For those on the low end or the high end of the financial spectrum, accommodations often can be secured. For those in the middle, it is a struggle. All assisted living on Bainbridge Island is market rate with no subsidies.
- **A spectrum of Aging in Place and transitional services, including formal and informal networks, is a primary focus for effective strategies.**  
Local services which can be maximized or enhanced to meet identified gaps for aging in place are related to personal care; in-home support; modifications for safety & mobility; companionship programs; support groups; transportation; and day health and respite care. Personal care is perceived as a large gap area.
- **Comprehensive adult day programs are an alternative for those requiring more intensive supportive services and for caregivers who need respite.**  
There are no adult day services on Bainbridge. While there is cost associated with participation, it is far less expensive than assisted living. Exploring the feasibility of such day programs would be useful.

## **Key Findings, *continued***

- **Coordination, education and promotion of services, resource sharing and future visioning could be enhanced through intentional cross agency connections.**

Four agencies are hubs for providing services, information and referral: Kitsap County Area Agency on Aging, Bainbridge Island Senior Center, Helpline House, and Interfaith Volunteer Caregivers. Each is interested in working together with other non-profit, volunteer, and governmental agencies to develop a coordinated approach for “aging in place”.

## **ACTION TEAM RECOMMENDATIONS**

### **Case Management and Supportive Services**

- Increase the awareness and utilization of existing case management and caregiver support services.
- Make personal care more accessible by helping seniors identify funding and services.
- Support volunteer programs to provide for paid management of volunteers.
- Better utilize the Independent Living, Washington Assisted Technology and other assistive living programs.
- Create opportunities to increase coordination of volunteer and home care worker recruitment strategies.
- Increase companionship opportunities by supporting the Senior Center facility, activities and volunteers.
- Provide a services coordinator for persons over 55 living in retirement and subsidized housing. Help network Senior Housing resident managers with ancillary, medical, and case management services.

### **Medical**

- Review social services and clinic/medical professional collaboration models that can be referred to and possibly funded by multiple medical service providers. Provide information about the “Making the Link” program, which contacts medical providers about available resources and linking unpaid informal and family caregivers to support services and respite care options. Distribute and explain resource packets to key personnel such as clinic and Helpline staff.
- Help people find ways to access pharmaceuticals. Promote pharmacy assistance programs. Be proactive in encouraging pharmacies to assist seniors through use of medi-sets, pre-filled, and mail/home delivery options.

### **Adult Day Health & Respite Care**

- Explore possibility of providers partnering to offer adult day health and day programs.
- Revisit possibility of building an adult day program on Island. Conduct an assessment of need and viability, including options for multigenerational campus.
- Monitor grants that support respite care. Encourage new strategies such as kinship care.

### **Financial Supports**

- Develop additional resources for providing financial assistance for people in need of financial supports and explore options for sliding scale, low-cost care services.

### **Affordable Housing and Assisted Living**

- Investigate possibility of a community based matching shared housing program.
- Encourage potential new housing developers to think in terms of senior needs.
- Explore alternative settings/models to provide more structures for assisted living choices.
- Explore a combination of subsidized and market rate housing packages to create affordable assisted living and/or a combination of subsidized and market rate housing that also includes shared services and multigenerational living.

### **Coordination of a Spectrum of Options for Aging in Place**

- Convene ongoing meetings of consumers and service providers with HHHS on a quarterly basis to implement recommendations.
- Distribute information and encourage cross training of service providers.