



Neighborhoods for All Ages Overview

In May 2006, the Association of Baltimore Area's Affinity Group on Aging and the Baltimore Neighborhood Collaborative co-sponsored an informational forum on "Aging in Place," chronicling activities and programs which enable seniors to live safely in their homes. After the forum, Baltimore funders with an interest in aging and / or community development continued to meet, recognizing that aging in place presents a compelling, intersecting issue for both groups of funders. The result of these meetings is *Neighborhoods for All Ages*, a two year project funded by a consortium of Baltimore area funders.

The project concept is based on two assumptions. First, providing support to low income elderly homeowners helps preserve their independence. Second, such support for older homeowners may also be a key to stabilizing and improving City neighborhoods. This project seeks to create a sustainable network of services to support low income older Baltimore homeowners in targeted neighborhoods in Baltimore City.

Neighborhoods for All Ages has four goals:

- To make homes safer so that older homeowners may remain in their own homes longer.
- To improve integration of older homeowners into the community life of their neighborhoods.
- To enhance elderly homeowners' equity in their homes.
- To improve neighborhood stability.

Neighborhoods for All Ages intends to target two Baltimore City neighborhoods and will implement a two part program. The first will consist of grants to 100 low income senior homeowners in the two neighborhoods. The grants will pay for internal and external home repairs and will average \$6,000 per grant. Eligible homeowners will be 60 and over with incomes not exceeding 80% of the Maryland State median income. The grants will finance energy efficiency improvements, home safety enhancements, and accessibility improvements. When possible, home repair grants will be packaged with publicly funded grants and housing loan programs. Experienced nonprofit housing organizations will administer this part of the program.

The second component will consist of community outreach and care coordination. A neighborhood organization in each of the two targeted communities will employ a social worker to assist 200 older residents with non-housing needs such as obtaining public benefits, accessing health care, and resolving legal issues. The project will also contract with professionals like occupational therapists and geriatric nurses to assist in developing service plans for the residents.

An evaluation conducted by a professional team will be built into the project. The team will document the processes used to develop the project, review characteristics of the project clients, and assess the success of the project in meeting its goals. The evaluators and the project staff will disseminate the results of the project, throughout the Maryland region, and in appropriate forums, such as national conferences of geriatric professionals.

The project launched June 2007 with a community seminar to educate neighborhood organizations about aging in place issues. This seminar was a great success, with over 45 people in attendance. During the

summer, the Consortium designed a Request for Proposal process, including application form and selection criteria. In September, the Consortium sponsored a pre-proposal briefing which was attended by 40 people.

The Consortium received seven proposals and after a preliminary review of the applications, the Consortium met with four groups and selected **Bon Secours** and **Civic Works** as our two lead organizations.

Neighborhoods for All Ages is a project of the Affinity Group on Aging, in partnership with the Baltimore Neighborhood Collaborative, and is housed at the Association of Baltimore Area Grantmakers. Funders of the project have been active participants in the designing this initiative and serve as the Funding Consortium for the project. Jim Macgill, Affinity Group on Aging Coordinator, is the primary staff for this project. Additional support has been provided by Betsy Nelson, ABAG Executive Director, Ann Sherrill, BNC Director, and Sally Scott, BNC Program Manager.

ABAG will provide overall coordination with the help of an interdisciplinary advisory committee. The committee will provide guidance to the neighborhood organizations, help them access additional resources, and develop plans for sustainability.

Members of the Funding Consortium include:

- Abell Foundation
- Baltimore Community Foundation
- Baltimore Equitable Insurance Foundation
- Betty Lee & Dudley P. Digges Memorial Fund
- Enterprise Community Partners
- Erickson Foundation
- France-Merrick Foundation
- Goldseker Foundation
- Hoffberger Foundation
- Hirschhorn Foundation
- Leonard and Helen R. Stulman Charitable Foundation
- Harry & Jeanette Weinberg Foundation

For more information, contact: Cathy Brill, Stulman Foundation, cathybrill@comcast.net
Beth Harber, Abell Foundation, harber@abell.org



BUILDING A FRAMEWORK FOR HEALTHY HOUSING

2008 National Healthy Homes Conference

Neighborhoods for All Ages Baltimore, Maryland

Cathy Brill, Stulman Foundation
Beth Harber, Abell Foundation

Neighborhoods for All Ages

- 38% of homeowners in Baltimore over age 60
- Vast majority want to remain at home
- Issues of housing decline, personal decline, neighborhood decline



Neighborhoods for All Ages

Key Assumptions

Supporting older homeowners will help with neighborhood stability & viability

Providing home repair, services, and social connections will help seniors stay independent



Neighborhoods for All Ages

Safety Issues

- Fall prevention
- Crime
- Environmental Hazards



Neighborhoods for All Ages

Challenges

- Working with contractors
- Concern about debt
- Critical mass of houses
- Lack of workforce
- Lack of capacity in community organizations



Neighborhoods for All Ages

Funder collaboration

- Raised \$900,000
- 2 year pilot, 2 neighborhoods
- 40% or more owner occupied, 20% or more 60-plus
- Encourages partnerships between agencies



Neighborhoods for All Ages

Two Neighborhood Teams:

- Civic Works in Northeast Baltimore
- Bon Secours Foundation in Southwest Baltimore



Neighborhoods for All Ages

Funding for Two Program Components:

- Outreach, home visitation and referral
- Home repair and improvement



Neighborhoods for All Ages

Project Evaluation:

- Community integration
- Housing improvement
- Increased income and benefits
- Neighborhood stability



Neighborhoods for All Ages

Challenges in early implementation:

- Recruiting qualified staff
- Measuring success
- Expanding funder interest



Neighborhoods for All Ages

- For more information:
 - Cathy Brill, Stulman Foundation,
cathybrill@comcast.net
 - Beth Harber, Abell Foundation,
harber@abell.org





BUILDING A FRAMEWORK FOR HEALTHY HOUSING

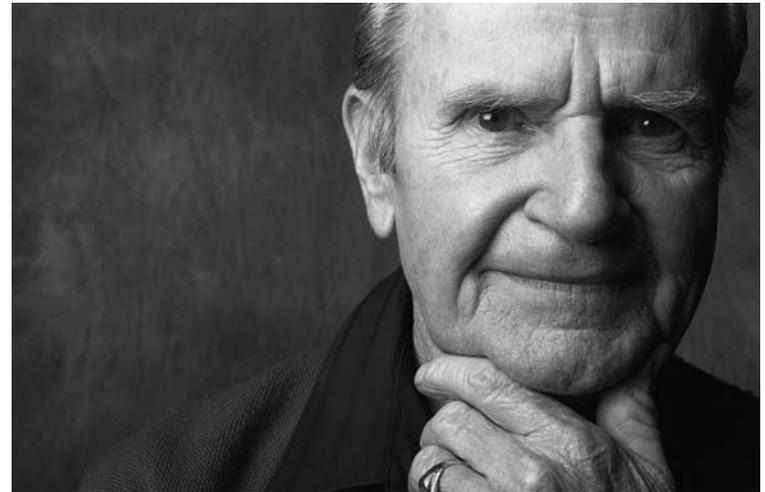
2008 National Healthy Homes Conference

Senior Safety Program

Presented by
April R. Vince LSW, MSSA
Cuyahoga County Board of Health
Parma, Ohio

What Does Senior Safety Mean To You?

- Safety from harm?
 - Intruders into home
- Safety from exploitation?
 - Phone solicitation
 - Scams



What Does a Healthy Home Mean to You?

- Free from health hazards such as lead
- Free from cigarette smoke 
- Free from mental and physical abuse



More than a definition...

- Senior Safety can include:
 - The internal environment of the home
 - The mental and physical state of the occupant
 - The established behavioral patterns of the occupant



A Healthy Home can include:

- Accessibility for the disabled
- The level of availability of resources
- The involvement of any support group



How do these two topics relate?

Senior Safety



Healthy Home

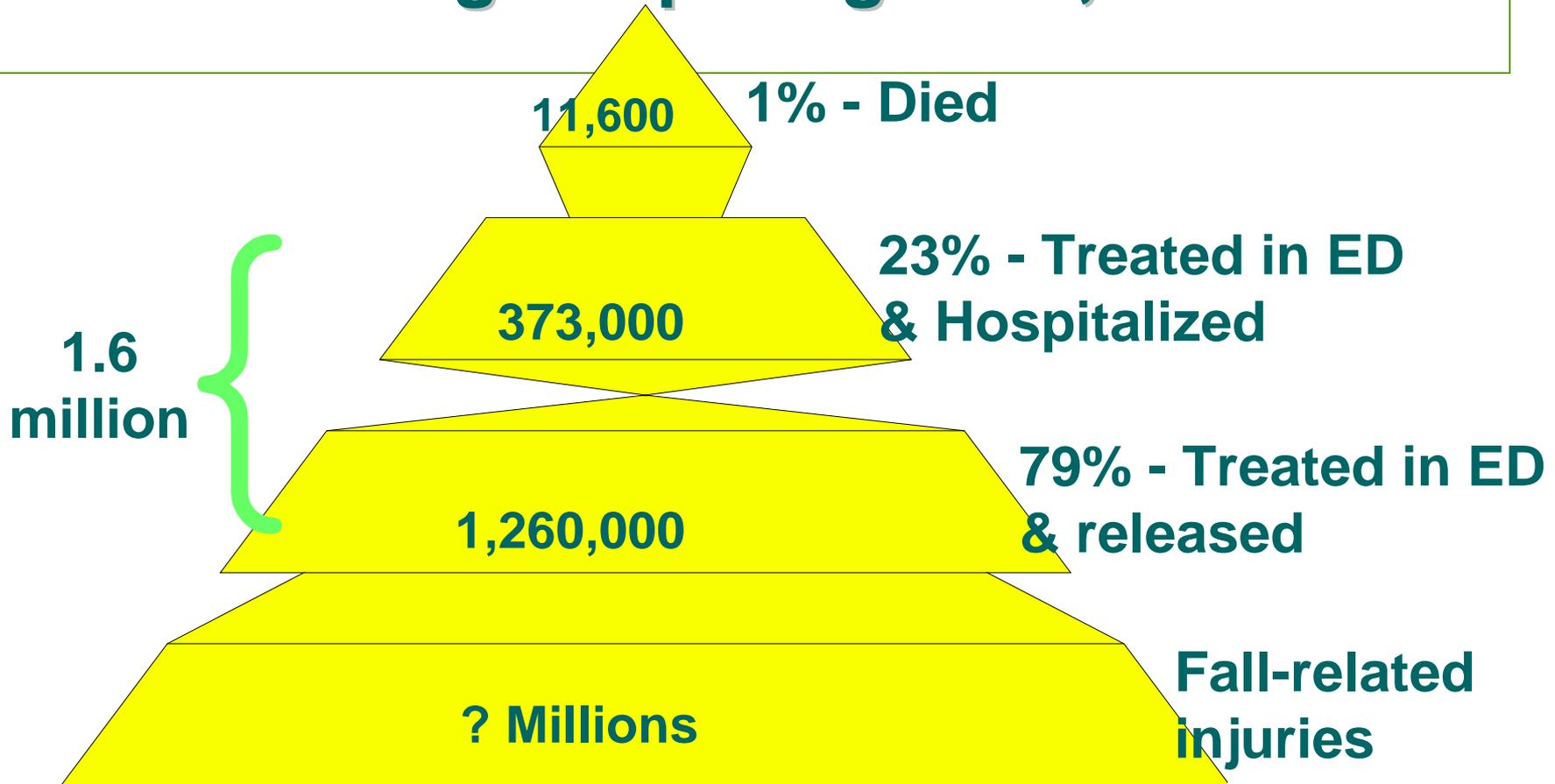


Fall Related Statistics

- Incidence: one in three Americans over the age of 65 will suffer a fall each year
- Falls are the leading cause of injury deaths for those seniors 65 and older
- Falls account for 87% of all fractures in those seniors 65 and older



Fatal & Nonfatal Fall Injuries Among People Age 65+, 2001



Nonfatal falls: NEISS-AIP, 2001

Fall deaths: NCHS, Vital Records, 2001



**BUILDING A FRAMEWORK
FOR HEALTHY HOUSING**

2008 National Healthy Homes Conference

Risk Factors for Falls

Medication

Impaired vision

Medical conditions

Decreased strength

Fear of falling

Gait/balance issues

Environment

Age 65 and older

Living alone



Financial Costs of Falls

- Fall related injuries account for 6% of all medical injuries for persons age 65 and older in the United States
- Medical expenditures in 2000 exceeded 19 billion dollars (direct costs age 65 and older)
- The total direct and indirect cost is expected to rise to 54.9 billion by 2020

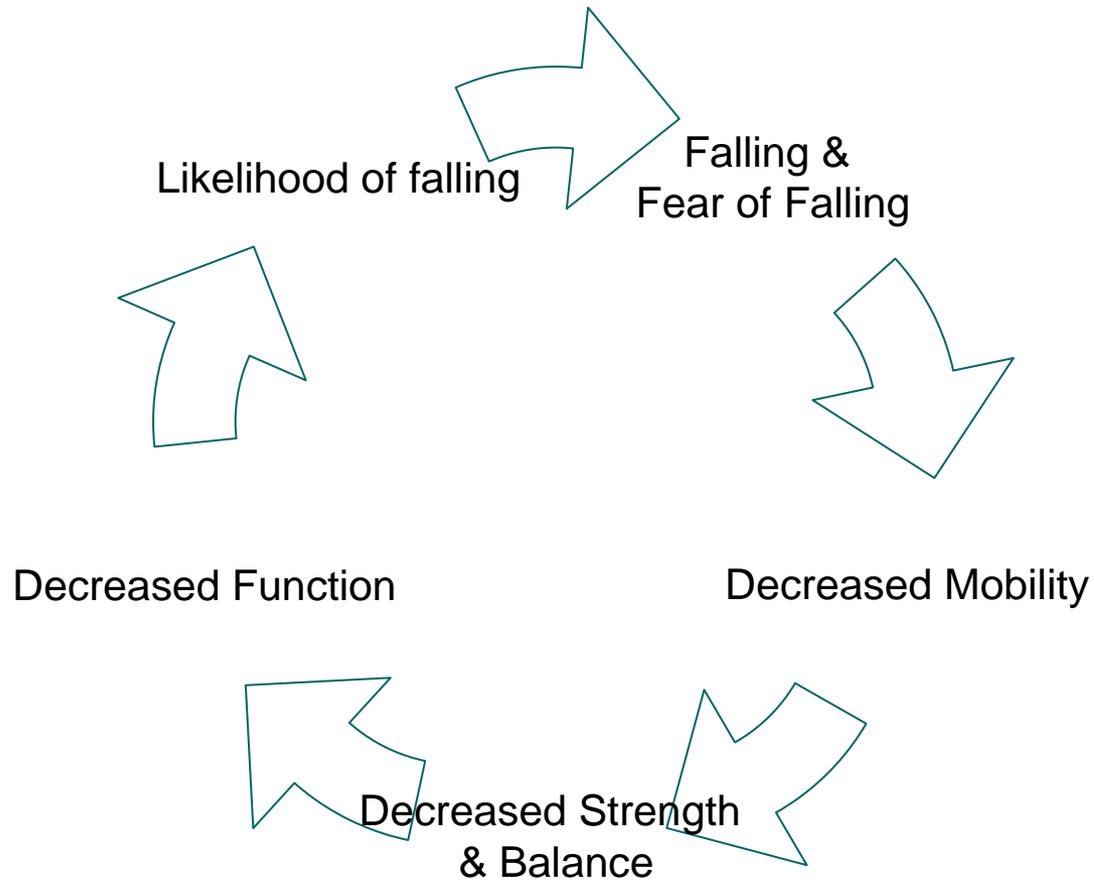


Falls in Cuyahoga County

- Cuyahoga County falls into the 90th percentile nationally among 307 counties with the highest numbers of deaths resulting from unintentional falls.



The Problem with Falls



Pilot Project

Established in 2004

- Since 2004 2,000 seniors were educated on how to decrease the risk of falling.
 - Educational sessions are offered at senior centers, church groups, senior living apartment complexes, and local YMCA'S.
 - Sessions focus on eliminating the fear of falling and the risk factors attributed to fall related mortality and morbidity.



Pilot Project (cont.)

- In addition to the educational sessions, 75 home visits were conducted identifying structural issues in the community dwellings of those seniors at risk.
- The number of risk factors in the home consisted of lack of structural items (hand rails and grab bars), clutter and poor lighting.
- We also noted improper or no use of prescribed assistive devices, lack of socialization, poly-pharmacy and limited physical activity.



What a home visit entails

- Introduction of program goal
- Brief client history taken (demographics, history of falling, number of medications, etc.)
- Walk through of home to assess fall risks
- Suggestions made to reduce fall risk (environmental/structural) during walk through
- Sit down education to address fall risk factors
- Behavioral modifications suggested if needed



Follow up and referrals

- 4 month and 1 year follow up call made
- Referral made if appropriate (home chore service, medication management)
- Referral made to “A Matter of Balance” program being offered in their community



Review of Pilot Project

- *Barriers*
 - Recruitment for home assessments.
 - Financial means to make structural modifications to the home.
 - Limited awareness in Cuyahoga County of the susceptibility and the severity of a fall related incident.
 - Current educational settings did not motivate behavioral change.



Overcoming the Barriers

- Recruitment
 - Working with Department Of Development (DOD), City of Garfield Heights, news media, city newsletter, benefit of working with organizations with existing relationships and trust with the population being targeted.
- Structural Modifications to Home
 - DOD, City of Cleveland Hts. Building Department willing to support structural improvements to homes.
- Our initial project increased the awareness among communities.
 - Community leaders are requesting the same program for their constituents.
- Motivating behavioral change
 - A Matter of Balance program established



Successful aspects of initial project

- Community buy-in.
- Family assistance to help those family members at risk of falling.
- Interest from additional communities and senior care organizations.
- An increased awareness regarding the lifestyles/behaviors of those seniors at risk of falling.
- A foundation for future growth.



Introduction of Senior Safety Program (SSP)

- Based upon initial feedback from the community and compiled data, collaborated with Cuyahoga County Department of Development (DOD) to establish Senior Safety Program
- In 2007, DOD extended Request for Proposal (RFP) to cities in Cuyahoga County
- Cities applied, 10 were approved
- Work began in January 2008



Progress

- Staff in place to promote program in community setting (senior centers, etc.)
- Application process through DOD
- Once approved, DOD conducts inspection and referral made to Cuyahoga County Board of health for educational visit
- 200 homes in 10 cities, 20 homes per city
- Educational visit, along with structural modifications complete the model



How can we expand?

- Issues to consider:
 - Funding
 - Collaborating partners
 - Overcoming barriers



Build upon current programming

- Current HUD round 15 funding for LEAD program
- Under previous HUD round 12 funding, 18% of the qualified participants were age 60 and older and caring for children



Partnerships

- Local Seniors Centers
- Local City Government
- Cuyahoga County Department of Development
- Parma General Community Hospital
- Jewish Community Federation
- Fairhill Center on Aging



It just makes sense!

- Average cost of a fall injury totaled **\$19,440**, which included hospital, nursing home, emergency room, and home health care, but not doctors' services.
- Average cost of home modifications for Senior Safety Program = \$700.00



Action



- The national and local data highlight the need for increased public health involvement
- Coordinating activities among all of the involved organizations in the Healthy Homes Initiative is essential



We may not get to this with every client...

*Line dancing
at the local
dance hall.*



But we hope to get here...

“And in the end, it's not the years in your life that count. It's the life in your years.”

~Abraham Lincoln



Questions

April Vince L.S.W., M.S.S.A.
216-201-2001 ext. 1538
avince@ccbh.net



Vince Caraffi R.S., M.P.H.
216-201-2001 ext. 1209
vcaraffi@ccbh.net

Angela Townsend R.S.
216-201-2001 ext. 1206
atownsend@ccbh.net

