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WV Partnership for Elder Living, Inc.
for
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Home is Where the Health Is

**Changing how
we look at elder
housing**

**If this is the choice, guess
which one the elder will
choose**

My home ...



Or the nursing home?



Let's get this out of the way...

- There are many elder West Virginians who are in great health and have the financial wherewithal to maintain their homes and make needed renovations to accommodate a few deficiencies in their activities of daily living.
- This presentation is not about them.

Old Housing in WV:

- Over half the houses in the state are over 40 years old, more than a third are 55 or more, and 16 percent of homes in the state were built 75 or more years ago.**

Old Housing in WV:

Safety

- Many are not physically safe for seniors:
 - stairs
 - old electrical systems,
 - old roofs,
 - rotted supports
 - fire hazards – clutter, old stoves, space heaters
 - poor lighting
 - throw rugs

Did I mention stairs?

Falls

- 83% of traumatic injuries to seniors in WV were from falls (2010 data)
- 75% of falls are in the home
- three fourths of seniors have more than one chronic condition
- two thirds of seniors need help with at least one ADL
- Comorbidities increase the risk of falls & increase the severity of injuries from a fall
- 20% of people with hip fractures die from complications

Old Housing in WV:

Health

- faulty heating,
- Insufficient cooling,
- plumbing systems in need of repair and/or maintenance
- clutter, dust, dirt
- lead in paint and pipes
- mold and pests

Isolation and Elder Health

“My 75 year old Mom lives in a great old house, up on a hill, with a beautiful view, and nobody around to bother her. Why is she so depressed?”



Isolation and Elder Health

- **“Socially isolated individuals are at increased risk for the development of cardiovascular disease, infectious illness, cognitive deterioration, and mortality. Social isolation also has been associated with elevated blood pressure, C-reactive protein, and fibrinogen and with heightened inflammatory and metabolic responses to stress.”**

Stephoe A et.al.; **“Social isolation, loneliness, and all-cause mortality in older men and women”**;
Proceedings of the National Academy of Science U S A.; April 2013; vol110 no. 15 ; 5797-5801

Isolation and Elder Mental Health

- “...perceived social isolation (i.e., loneliness) is a risk factor for, and may contribute to, poorer overall cognitive performance, faster cognitive decline, poorer executive functioning, more negativity and depressive cognition, (and) heightened sensitivity to social threats...”

Cacioppo JT, Hawkley LC. Perceived Social Isolation and Cognition. *Trends in cognitive sciences*. 2009;13(10):447-454. doi:10.1016/j.tics.2009.06.005.

Isolation (continued)

- Other problems associated with isolation:
 - financial exploitation and elder abuse
 - Depression
 - inability to access services
 - family caregivers can become isolated
 - More likely to engage in health risk behaviors (poor diet, lack of physical activity, and smoking)
 - medication management

**So, if not their home, then
the nursing home?**



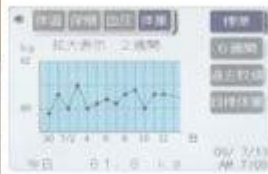
What are the Alternatives?

- in-home care
- congregate independent living
- assisted living
- continuing care retirement communities

In-Home Care

- paid for by Medicaid
- care providers who assist with ADLs
 - Fastest growing occupation in the US
 - Very real shortage of workers
 - Low pay
 - Poor training
 - movement toward more integration with health providers e.g. community health workers

Technology



It's a weigh-scale, a BMI, blood sugar and blood pressure monitor, is networked to your PC and yes, features "urine temperature measurement and analysis"



Technology

Blood Pressure



[AND] UA-797PBT



[FORA] P20B



[FORA] D30F
(2in1 with Glucose)

Blood Glucose



[Bayer] H3BA-110



[i-Sens] CareSens N Link



[Johnson&Johnson]
One touch ultra mini



[H3 system] BA-110
(Bluetooth adapter)

Scale/Body Composition Analyzer



[Tanita] BC590BT



[Biospace] Inbody H20



[Biospace] IH-U070B

Body Temperature



[FORA] IR20
(Type I, II)

SPO2



[Nonin] Onyx II 9560BT

Cardiography



[Boryung] ER-2000



[Nuga] Hellog system

Activity Tracker



[LG] Fitness Band



[LG] Lifegram



Technology

- **Monitoring**
 - devices send vital information from patient at home to providers
 - various concepts from monitoring devices to interactive video to surveillance, to medication counters
- **Assistive**
 - as simple as “the clapper” or as complex as speech recognition software
 - things that help to overcome disabilities
 - doorknob grips, reachers, recliner handles, toilet bowl light, “car cane,” various hearing improvement devices

Housing Plus

- **SASH model (Vermont)**
 - **Supports And Services at Home**
 - **coordinates the resources of social service agencies, community health providers and nonprofit housing organizations**
 - **Individualized, on-site support is provided by a Wellness Nurse and a trained SASH Care Coordinator.**

Housing Plus in WV

- **Healthy Home project – Randolph County Housing Authority**
 - 15 participants in the First Ward School Apartments
 - collaboration with Davis Hospital and Randolph County Health Dept.
 - now will be replicated in other senior housing – 200 participants by the end of next year.
 - successful nurse-wellness program resulted in better health and living



Traditional Congregate Senior Housing

- usually apartment buildings
- often provide activities and in-home care
- many are public housing for aged and disabled
- other low-income programs
- locally – National Church Residences have good facilities



Assisted Living

- ◉ originally conceived by WV native Keren Brown Wilson in the 70's
- ◉ independent units which residents can make their own
- ◉ staffed, but not nursing care unless provided as extra
- ◉ family still as responsible as if elder were in home
- ◉ meals
- ◉ no Medicaid reimbursement in WV

Co-Housing

- Elder Spirit in Abingdon, VA
- independent living units in clusters with central community facility for meals, activities, socialization
- co-op aspect reduces costs
- Especially good for elders who don't have a solid support system if they remain in home
- no health care unless brought in extra



Memory Care

- Specialized units within institutions designed and catering to those with Alzheimer's and other dementia
- often they create an environment for reminiscence therapy – tangible prompts of earlier life memories

Continuous Care Retirement Communities

- various designs – often high rise upscale apartment buildings
- everything from very independent living with lots of activities to lots of extra care for lots of extra money
- large deposit, then monthly fee similar to assisted living

CCRCs



Life Plan Communities

- similar to Continuing Care Retirement Communities, but more designed for younger elders.
- for those wanting a more active lifestyle
- Still offers all levels of care when needed

Granny Pods and In-Law Suites

- “pod” is specially designed manufactured “cottage” that is placed on the caregiver’s property.
- “suite” or “wing” addition to house
- takes some stress off family caregivers and gives elder some independence and privacy



Senior Living Communities: Model Elder Communities in WV

- WVPEL and CommunityWorks in WV are collaborating on a multi-year project that could result in 3 “model” senior oriented communities in the state.



SLC

- the 3 communities are being chosen from proposals received
- each will have new elder housing that is innovative, affordable, provides Housing Plus services, and meets needs of different income levels
- each will make improvements to the community to make them more age-friendly and livable
- each project will be designed by and led by a community-based steering committee.

SLC

- **CWWV / WVPEL have received planning money from CW Benedum Foundation which will take us past the selection and into the next phase of the project**

SLC

- next is providing technical assistance to the communities in the areas of design, engineering, construction funding, entrepreneurial training, and community development

SLC

- **more funding is being sought to provide financial assistance to the communities and to continue the program through construction and completion**

Questions? Answers? Comments?

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