Community Innovations for Aging in Place

Project Summary

Grantee Organization: Family Eldercare

State: Texas

Project Title: A Better Way to Live At Home: Education, Resources, and Supports for Older Adults

Project Period: September 30, 2009 to September 29, 2012

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Project Summary:
The grantee, Family Eldercare, proposes a three year Community Innovations for Aging in Place project in collaboration with the Area Agency on Aging and five other agencies. The program will be provided in subsidized housing with high concentrations of low-income older adults in three Central Texas communities. The approach is to deliver services through a Service Coordinator at each site, provide case management to persons at risk of premature institutionalization and provide activities, including evidenced based practices, that impact aging in place.

Goals and Objectives:
The goal of the project is to promote a community in which older adults are active and engaged and barriers to aging in place are proactively addressed. The objectives are: 1) establish an effective program for promoting aging in place, 2) develop a community culture for aging in place, 3) maintain or improve the physical and mental health of older adults, 4) increase opportunities for socialization and learning and 6) reduce the rate at which older adults move out.

Outcomes and Products:
The expected outcomes are: 1) On-site staff and residents have increased understanding of the signs that older adults need additional support to remain aging in place, 2) Reduced fear of falling and improved activity levels among older adults, 3) Reduced medication problems, 3) Improved memory performance, 4) Increased older adult participation in on site activities and volunteerism, 5) Increased knowledge and skills among older adults and 6) Increased understanding of the relationship between program activities and older adult move out rates. The products are written reports with results and lessons learned, Internet posting of information, conference presentations and a toolkit for replicating the program.