

Community Innovations for Aging in Place

Project Summary

Grantee Organization: New York City Department for the Aging

State: New York

Project Title: Naturally Occurring Retirement Community (NORC) Health Plus

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

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Project Summary:

The New York City (NYC) Department for the Aging proposes to broaden the scope of existing NORCs in NYC to improve the health and mental health of residents and guide systems change for aging in place models.

Goals and Objectives:

The goal of the NORC Health Plus program is to broaden the scope and guide systems changes to better meet the health and mental health needs of older NORC residents. The objectives are to: 1) Provide older NORC residents with the tools necessary to better manage their health by implementing the evidence-based Chronic Disease Self Management Program; 2) Empower older residents to better manage their mental health by offering Behavioral Activation Therapy; 3) Build the capacity of NORCs to support service and systems change and assume a broader community role; and 4) Increase the depth and breadth of NORC residents' participation in the governance and operation of the NORC services program.

Outcomes and Products:

Anticipated outcomes: Seniors undergoing Behavioral Activation therapy will experience a reduction in depression, improved quality of life, increased socialization and participation in activities. For those clients with chronic illnesses one additional outcome will be their participation and follow through with the Chronic Disease Self Management Program requirements. Individual outcomes for seniors include improvement in health status and health behavior; greater self efficacy and better self-reported health; greater energy and reduced fatigue; fewer social role limitations; and better communication with physicians. There will be an increase in the number and type of meaningful volunteer opportunities available to NORC seniors. Additionally, formal mechanisms for volunteer recruitment, management, and retention will be in place and NORC services staff will significantly expand their knowledge base on community organizing, transformational leadership, volunteer management, and program development and funding resources. Other deliverables include: training manuals, best practices manual, and volunteer management tools.