



Aging with Dignity
& Independence

Best Practices & Resources

This list includes all the resources from the October 2011 report, *Actionable Themes: Issues and Opportunities*.

AARP Caregiving Resource Center

<http://www.aarp.org/relationships/caregiving>

Tips and tools for all caregiving issues including planning for long term care and end of life issues

Age Friendly Communities

<http://afc.uwaterloo.ca/>

Tools, resources and examples to help communities develop solutions to become more age-friendly

Friendly to Seniors Sudbury aims to help improve the quality of life of seniors living in Sudbury and make the community an accessible and inclusive place. The project focuses particularly on businesses and organizations. The Friendly to Seniors Program offers local businesses an assessment of their senior friendliness. Businesses are given resources, awareness literature, and suggestions to help improve their senior friendliness. Those who participate are presented with a Friendly to Seniors Certificate to be displayed.

York Central Hospital and McMaster Medical Centre in Canada are benefitting from the Hospital Elder Life Program (HELP), an initiative designed to prevent delirium among hospitalized older patients. Volunteers are trained to carry out specific 'protocols' to assist hospitalized elders in staying oriented to their surroundings and improve their hospital experience. More information about HELP may be found at www.hospitalelderlifeprogram.org.

Aging in Place 2.0

<http://www.metlife.com/assets/cao/mmi/publications/studies/2010/mmi-aging-place.pdf>

A framework with ideas for successful aging in place

Aging in Place, Stuck Without Options: Fixing the Mobility Crisis Threatening the Baby Boom Generation

www.t4america.org/docs/SeniorsMobilityCrisis.pdf

2011 report focuses primarily on transportation and includes specific examples of best practices

Aging in Place & Universal Design Resources

www.hcd.ca.gov/hpd/aginginplace.pdf

Bibliography of numerous reports and guides for consumers, businesses and local government

Aging Watch

www.AgingWatch.com

Aging Watch is an independent think-tank committed to ending ageism and the social marginalization of older people. They work to advance the protection, promotion, and participation of elders in American society.

Aging Well in Communities

<http://www.civicpartnerships.org/docs/services/CHCC/case-studies.htm>

Case studies of 7 communities who found new ways to plan for aging well

Beacon Hill Village

www.beaconhillvillage.org

Beacon Hill Village is a membership organization that organizes and delivers programs and services to older adults aging in their own homes. Resource manual available.

Benefits Check-Up

www.benefitscheckup.org

An online service of the National Council on Aging, to screen for benefits programs for older adults with limited income and resources.

BrooklineCAN

www.BrooklineCAN.org

A clearing house of information about Brookline's network of services and activities that help older adults age in place. Includes a town-wide information exchange to vet home contractors and repairmen, using a short customer survey and a system to check references.

Brookline Elder Taxi System (BETS)

www.brooklinecan.org/transportation.html

BETS is a program that enables income-eligible Brookline residents to purchase discount taxi coupons at reduced rates. This program is sponsored by the Council on Aging, a Community Development Block grant, and all licensed Brookline cab companies.

Caring Connections

www.caringinfo.org/i4a/pages/index.cfm?pageid=3277

Resource for planning for future needs including policies for the workplace

Center for Healthy Aging

www.healthyagingprograms.org

Part of the National Council on Aging, the Center provides toolkits, research and examples of model health programs for communities

Center for Inclusion in Health Care at UPMC

www.upmc.com/aboutupmc/CommunityCitizenship/inclusion/Pages/default.aspx

The website provides brochures and video for the Dignity & Respect Campaign. What began as an internal workplace initiative at UPMC has become a national initiative inspiring dignity, respect, and inclusion.

Choices for Mobility Independence

www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Trans_Options_Panels.pdf

Transportation options for older adults

Coming of Age

www.comingofage.org

A Philadelphia-based, national initiative designed to help individuals 50+ connect and contribute to their communities and to build the capacity of organizations to utilize the skills, passions, and interests of people 50+ to further their mission and revitalize communities.

Community Ambassador Program (CAPS)

www.capseniors.org

The Community Ambassador Program for Seniors (CAPS) is a nationally recognized, locally implemented program of the City of Fremont (CA) Human Services, funded by a two year grant (2007-09) from the Robert Wood Johnson Foundation. This program trains a cadre of volunteers to serve as a bridge between the formal network of social services and local residents. The volunteers serve seniors in their own communities, in their own language, within their own cultural norms, and do this where seniors live, worship, socialize, and learn.

Elders in Action

<http://eldersinaction.org/programs/elderfriendly>

The Elder Friendly® Business Certification program educates and helps businesses better serve customers.

Federal Long-term Care Insurance Program

<https://www.ltcfeds.com/index.html>

Federal long term care insurance (Links to a calculator for long term care costs in a specific location)

Fighting Ageism

<http://ssw.unc.edu/cares/sfc/ageism%20brochure.pdf>

Ageism brochure by Nash County Aging Dept, Nashville, NC

The Nash County Aging Department provides sensitivity training for businesses, organizations, schools, government offices, and others.

Global Age-Friendly Cities: A Guide

http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf

A guide with checklists of core age-friendly features

www.HelpGuide.org

http://www.helpguide.org/mental/depression_elderly.htm

Information on mental health with resource links and a toolkit entitled "Bring Your Life into Balance"

HIP Housing

www.hiphousing.org

This service matches homeowners with extra space available with low income individuals seeking housing. Match arrangements involve service exchange or payment of rent.

HomeShare Vermont

www.homesharevermont.org

The program offers older adults and those with disabilities three types of services: home sharing, live-in caregiving, and hourly caregiving.

ICMA Resource List: Sustainable Planning for Aging in Place

http://icma.org/en/icma/knowledge_network/documents/kn/Document/6587/Resource_List_Sustainable_Planning_for_Aging_in_Place

A descriptive list of resource links

Livable & Senior Friendly Communities

<http://ssw.unc.edu/cares/sfc/tools&products.htm>

Three pilot projects developed community-specific strategies to improve livability for seniors

Manchester's Generations Together Programme

www.manchester.gov.uk/generationstogether

This programme involved 13 connected Intergenerational projects designed to break down barriers between younger people, older people and the wider community; help younger and older people to come together, develop new skills and improve their local area; and, increase the numbers of younger and older people who volunteer.

The Maturing of America – Communities Moving Forward for an Aging Population

http://www.n4a.org/files/MOA_FINAL_Rpt.pdf

This 2011 report provides information on current initiatives, policies and best practices

A collaboration between community and medical partners created a center for training leaders, offering evidence-based programs to help individuals manage chronic illness, improve nutrition, engage in physical activity and support a happier and healthier life style. The programs have expanded statewide in Massachusetts.

Caregiver Resource Centers were established in all libraries in Westchester County, New York.

Marin County, California has opened a Mobility Management Center to provide “one-stop transportation information and referral” service and searchable database of providers designed to help residents find the right transportation service to meet their needs

The Maturing of America – Getting Communities on Track for an Aging Population

<http://www.n4a.org/pdf/MOAFinalReport.pdf>

Comprehensive report with recommendations and examples

The city of Killeen, Texas has a mobile wellness clinic. The goal of the Wellness Unit is to provide preventative and primary healthcare to Central Texans, with special emphasis on rural, low income, pediatric and senior populations.

The town of Chippewa Falls, Wisconsin has a Shared Ride Taxi Program. This is a demand response, door-to-door, public transportation service. “Shared Ride” means that you may travel with more than one passenger with different destinations and/or origins within the city limits.

Medicare.gov

<http://www.medicare.gov/LTCPlanning/Include/DataSection/Questions/SearchCriteria.asp?version=default&browser=IE%7C8%7CWinXP&language=English&defaultstatus=0&pagelist=Home>

Medicare long term planning tool with assessment for Long-Term Care Costs

Miami Dade Broadband Coalition

www.miamibroadband.org

The Alliance for Aging, Inc. is partnering with the Miami Broadband Coalition to design a project providing broadband, telephones if needed, computers and computer instructions to residents in a 1,000-unit elder public housing complex.

MoveSeniors

www.moveseniors.com

A national online resource for families seeking assistance with late life home transitions, such as moving, downsizing and remodeling. Provides a searchable database of specialists and service by zipcode.

National Center on Senior Transportation

http://seniortransportation.easterseals.com/site/PageServer?pagename=NCST2_about

Information for consumers, service providers and transportation providers.

National Clearinghouse for Long-Term Care Information

www.longtermcare.gov/LTC/Main_Site/index.aspx

Resource for Long-term care planning information

National Institute on Aging

www.nia.nih.gov

“Age Pages” for a range of future planning concerns

National Summit on Affordable Senior Housing and Services

<http://www.practitionerresources.org/cache/documents/674/67408.pdf>

May 2010 report includes numerous examples of what some states / projects doing.

NeighborWorks

<http://www.nw.org/network/comstrat/agingInPlace/nwresources.asp>

Multiple resources for public private and policy issues pertaining to topic

The Next Chapter

www.civicventures.org/nextchapter

The Next Chapter™ projects are community coalitions that are working to help people in the second half of life set a course, connect with peers, and find pathways to meaningful work and significant service. Next Chapter initiatives have been developed in ten states.

Project Independence

www.co.marin.ca.us/aging

Project Independence is a program of trained volunteers who help patients transitioning from hospital discharge to independence at home. Volunteers, under the supervision of a public health nurse case manager, help patients understand and follow-through with their discharge plan, providing guidance, resources, supportive companionship and health education to isolated persons in the community.

Regional Economic and Workforce Strategies: A Focus on the Mature Workforce

<http://www.compete.org/publications/detail/1359/regional-economic-and-workforce-strategies-a-focus-on-the-mature-workforce/>

Employer best practices for attracting and retaining the mature workforce

Retired Brains

<http://www.retiredbrains.com/Home/default.aspx>

The largest independent job and information resource for boomers, retirees and people planning their retirement.

RetirementJobs.com

www.retirementjobs.com

A free service for job seekers matching mature workers with employers certified as age-friendly. Any employer is eligible to apply to become a Certified Age Friendly Employer.

Safe and Mobile Seniors

www.SafeandMobileSeniors.org/FindaRide.htm

Safe and Mobile Seniors is a virtual "one stop shop" for transportation safety and mobility information for drivers and pedestrians 65 years and older living in Florida.

Self Help for the Elderly

www.selfhelpelderly.org/index.php

Promotes the independence, dignity and self-worth of seniors by empowering seniors to help themselves and by providing a comprehensive range of multicultural and multilingual services.

Senior Housing Solutions

www.srhousingsolutions.org

Provides inexpensive, subsidized housing to low-income seniors by purchasing homes and remodeling them to accommodate up to five seniors who share the home.

Seniors Helping Seniors

www.seniorshelpingseniors.com/resources.aspx

Seniors Helping Seniors in-home services matches seniors who want to provide help with seniors who are looking for help. The service provides a full-range of home care, companion and home maintenance support services from seniors who enjoy helping at reasonable hourly rates for seniors who want services and reasonable hourly wages to seniors who provide them.

Strategies to Employ and Retain Older Workers

wdr.doleta.gov/research/FullText_Documents/Current%20Strategies%20to%20Employ%20and%20Retain%20Older%20Workers%20-%20FINAL.pdf

Urban Institute Report prepared for the US Dept of Labor

USDOT – Federal Highway Administration

www.fhwa.dot.gov/publications/publicroads/07mar/03.cfm

Supplemental transportation programs in communities

Volunteer Match

<http://www.volunteermatch.org/nonprofits/learningcenter/#cva>

Tools and Training for those who engage volunteers

Winning Strategies in the NeighborWorks Network

<http://www.nw2.org/WinningStrategies/display.asp?strategy=1069&offset=1>

Best practices mini-home repair program for older adults

Winning Strategies in the NeighborWorks Network

<http://www.nw2.org/WinningStrategies/display.asp?strategy=1079&offset=2>

Community program that involves volunteers to help older adults with yard maintenance

World Health Organization (WHO) Age-Friendly Initiative

www.who.int/ageing/age_friendly_cities

The Age-friendly Environments Programme is an international effort by WHO to address the environmental and social factors that contribute to active and healthy ageing in societies.

Workforce Management

www.workforce.com/section/recruiting-staffing/feature/they-dont-retire-they-hire-them/index.html

Insight into successful workforce practices for hiring older adults