

OPPORTUNITIES FOR WORKING
TOGETHER:
OUTREACH TO SENIORS
BY RELIGIOUS CONGREGATIONS

Florida Council on Aging Meeting
August 25, 2009

Presenters

- Results of a Survey of Religious Congregations in 5-County Region in Florida.
 - Jennifer R. Salmon, Aging Research Group
- A Service Provider Responds to Religious Congregations' Outreach to Seniors.
 - MaryJo McKay & Rev. Bart Banks, Hillsborough County Department of Aging Services
- Aging Resource Centers Outreach to Religious Congregations.
 - Maureen Kelly, West Central Florida Area Agency on Aging, Inc.
- Ministry and Aging Services
 - Discussant: Rev. Bart Banks, Hillsborough County Department of Aging Services.

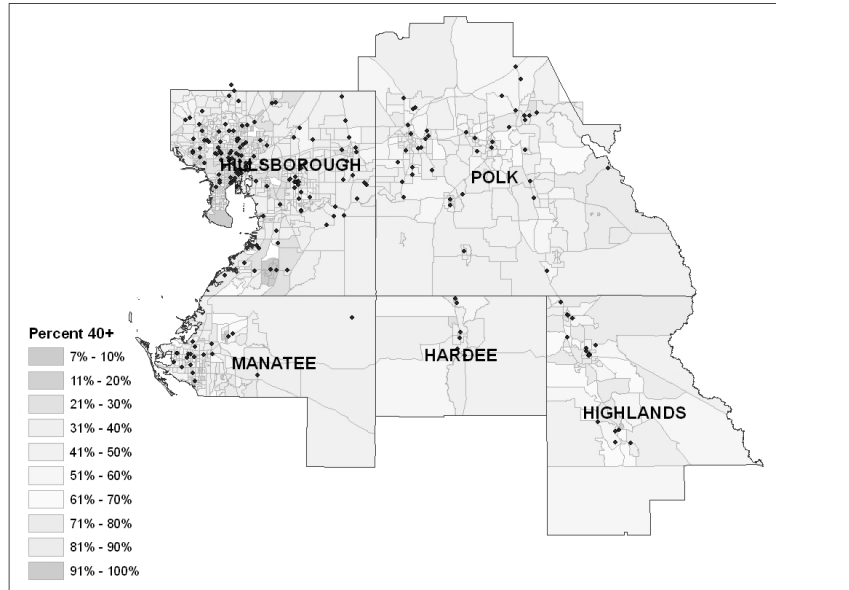
Results of a Survey of Religious Congregations in Five-County Region in Florida

Jennifer R. Salmon
Aging Research Group

Background

- Planning for an Aging Society Survey (2007):
- 6% of 40+ population in West Central Florida and Hillsborough County expected faith communities to help them with activities of daily living.
- 5% expected a government program to help them.
- 14% did not know who would help them.
- Recommendation: AAA and Hillsborough County Aging Services should work with faith communities to identify existing or encourage new outreach programs for helping neighbors with care needs.
- Step 1: Conduct a survey.

West Central FL AAA Region



Hillsborough County

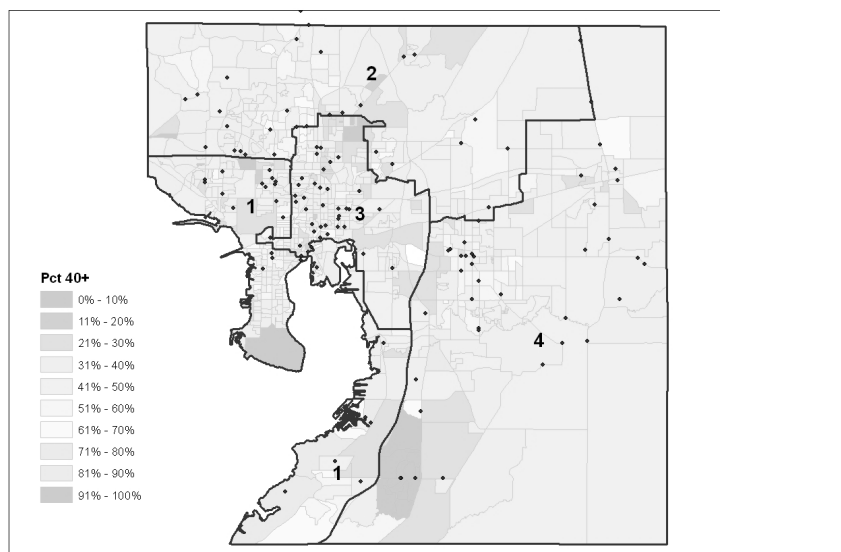


Table 5. Outreach by Religious Congregations in West Central Florida: Characteristics of Counties

	Hardee	Highlands	Hillsborough	Manatee	Polk	Total
Providers	100.0%	95.2%	90.1%	95.0%	97.8%	93.9%
<u>Senior participants (N=133)</u>						
None	20.0%	5.9%	26.8%	5.9%	34.2%	23.3%
1-50	60.0%	52.9%	57.1%	64.7%	63.2%	59.4%
51-200	.0%	29.4%	10.7%	29.4%	2.6%	12.8%
201 or more	20.0%	11.8%	5.4%	.0%	.0%	4.5%
<u>Children and family participants (N=134)</u>						
None	33.3%	30.0%	26.4%	29.4%	26.3%	27.6%
1-50	66.7%	40.0%	43.4%	29.4%	63.2%	47.8%
51-200	.0%	25.0%	17.0%	29.4%	10.5%	17.2%
201 or more	.0%	5.0%	13.2%	11.8%	.0%	7.5%
<u>Help with disaster needs</u>	66.7%	65.0%	58.3%	38.9%	51.4%	55.3%
Would consider	.0%	15.0%	16.7%	22.2%	18.9%	17.0%
<u>Service area</u>						
Entire county	66.7%	23.8%	9.9%	30.0%	13.6%	17.3%
Referrals	66.7%	45.0%	50.9%	42.1%	33.3%	44.7%
Predominantly African-American	.0%	.0%	14.1%	.0%	.0%	6.1%
National seniors program (N=123)	.0%	33.3%	11.8%	6.3%	11.1%	13.0%
No national seniors program available	80.0%	60.0%	56.9%	87.5%	58.3%	62.6%
Parish nursing program (N=139)	.0%	47.4%	13.6%	5.9%	7.9%	15.1%
Would consider	16.7%	10.5%	23.7%	.0%	7.9%	14.4%

16 needs identified in 2007 (best to worst)

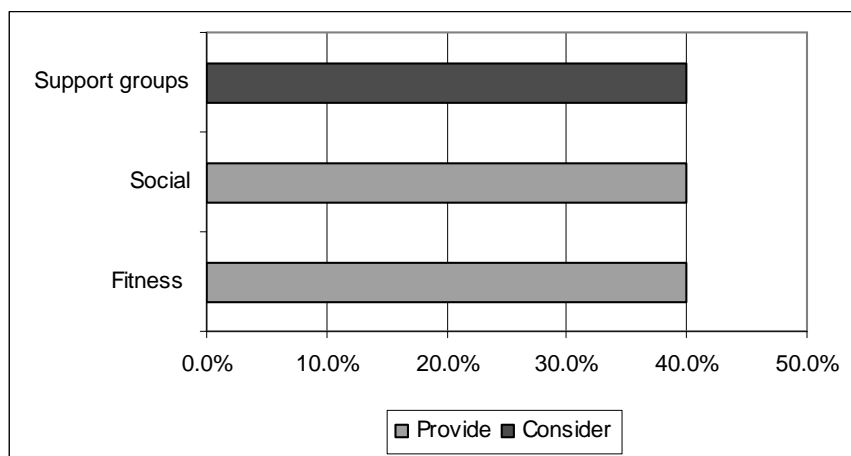
- Personal care
- Chances to volunteer
- Prescription drugs
- Physical fitness/exercise
- Housing
- Medical treatment
- Social and cultural activities
- Preventive health care
- Employment
- Safety
- Legal services
- Mental health care
- Substance abuse treatment
- Support groups
- Transportation
- Emergency home repairs

Hardee needs

- Transportation
- Support groups
- Substance abuse treatment
- Mental health care
- Emergency home repairs
- Social and cultural activities
- Preventive health care
- Employment
- Medical treatment
- Legal services



Hardee Outreach to Seniors

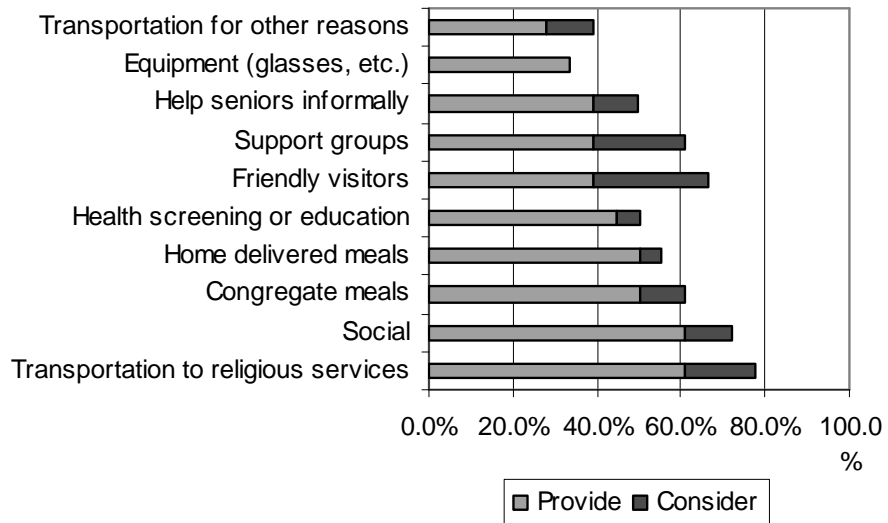


Highlands needs



- Transportation
- Substance abuse treatment
- Mental health care
- Emergency home repairs
- Employment
- Support groups
- Legal services.

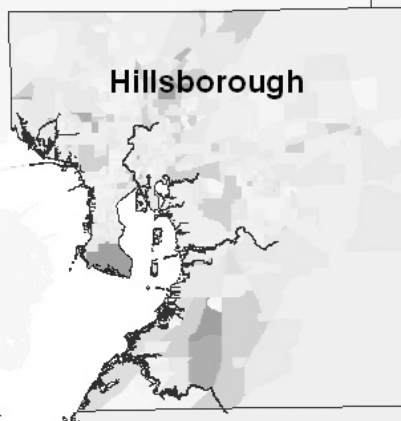
Highlands Outreach to Seniors



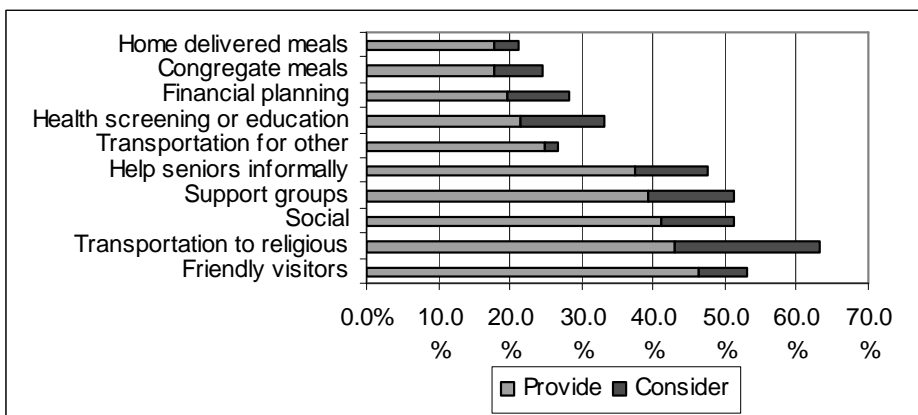
Hillsborough needs

- Emergency home repairs
- Transportation
- Support groups
- Substance abuse treatment
- Mental health care
- Legal services

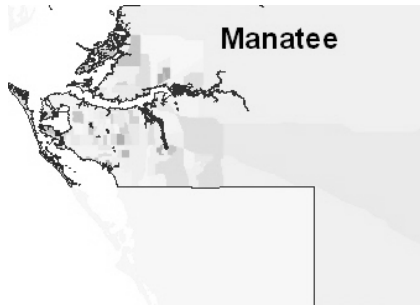
- Differences by district.



Hillsborough Outreach to Seniors

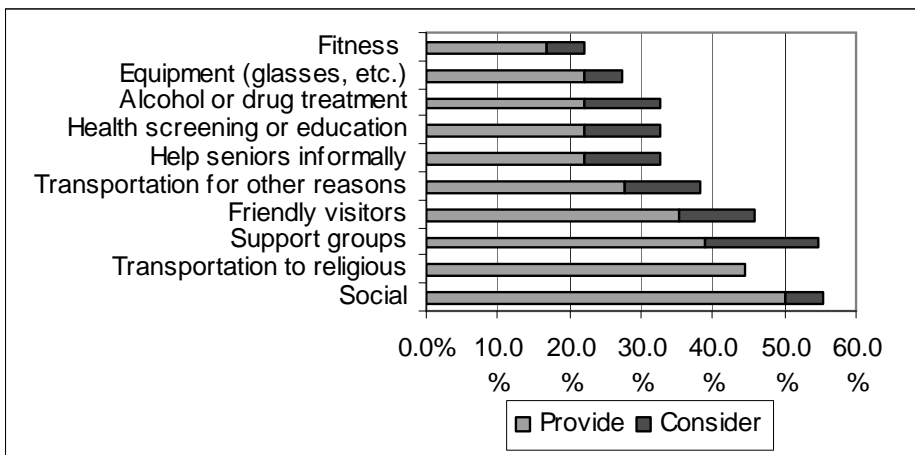


Manatee needs

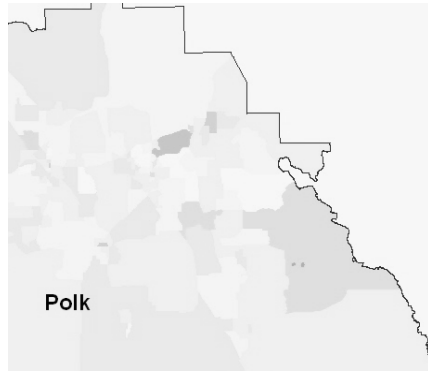


- Emergency home repairs
- Support groups
- Transportation
- Legal services

Manatee Outreach to Seniors

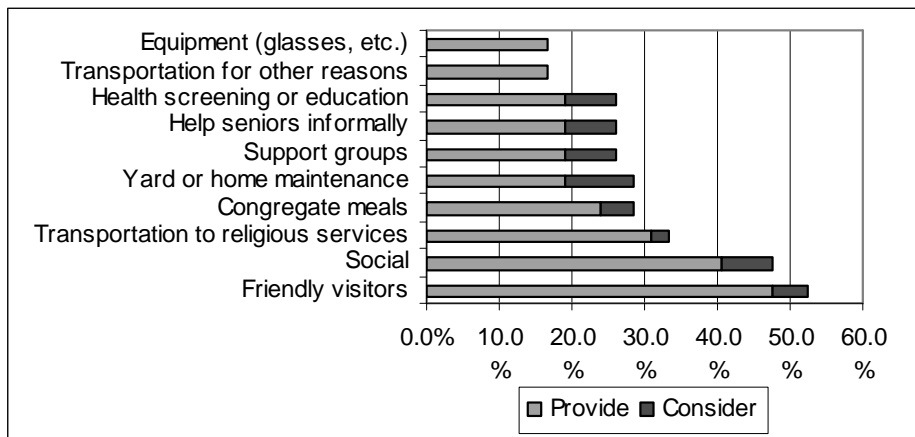


Polk needs



- Substance abuse treatment
- Emergency home repairs
- Transportation
- Employment
- Legal services

Polk Outreach to Seniors



Disaster Relief

Table 8. Outreach by Religious Congregations in West Central Florida: Disaster Relief

	Hardee	Highlands	Hillsborough	Manatee	Polk	Total
<u>Help with disaster needs (N=141)</u>						
Yes	66.7%	65.0%	58.3%	38.9%	51.4%	55.3%
Would consider	.0%	15.0%	16.7%	22.2%	18.9%	17.0%
<u>Type of help (N=163)</u>						
Food and water	33.3%	42.9%	40.8%	40.0%	40.0%	40.5%
Clean up community	50.0%	38.1%	36.6%	25.0%	35.6%	35.6%
Congregate meals	16.7%	42.9%	29.6%	40.0%	33.3%	33.1%
Evacuation shelter	50.0%	23.8%	22.5%	30.0%	26.7%	25.8%
Transportation (N=163)	16.7%	19.0%	18.3%	10.0%	28.9%	20.2%
Repair storm damage	33.3%	28.6%	15.5%	20.0%	22.2%	20.2%

Together We Heal: A Service Provider Responds to Religious Congregations' Outreach to Seniors

Mary Jo McKay & Bart Banks
Hillsborough County Department
of Aging Services

Agenda

- Why Project was Chosen
- Master Plan on Aging Study
- Faith Community Study
- Project Description and Goals
- Overview of Training Handbook
- Project Status
- Questions

Why Project Was Chosen?

- 2007 Master Plan on Aging Study
- Master Plan on Aging Recommendations:
 - Dept. should provide more adult day care
 - Dept. should work with faith communities to identify existing outreach programs
 - Dept. should work with faith communities to encourage new outreach programs

Master Plan on Aging Study

- Key Master Plan Findings
- Faith-based organizations are evenly distributed throughout County
- Very little known about services provided
- Only 6% of those surveyed expected the faith community to assist them
- 15% did not know who would assist them when they aged

Faith Community Study

- Dept. commissioned a survey of faith communities in 2008
- Survey revealed the following:
 - Religious congregations show commitment to outreach
 - There are still areas of need, i.e., respite
 - County could consider outreach programs to areas of strength
 - Opportunities for religious congregations and the County to collaborate

Project Description and Goal

- Together We Heal is an effort to collaborate with the faith community
- Provide training and support to faith-based organizations on how to operate a respite program
- Increase the number of faith-based organizations providing respite
- Increase the number of caregivers receiving respite

Overview of Training Handbook

- Why Provide Respite?
- It meets the needs of the faith community's members
- It will assist those on waiting list for respite
- It reduces caregivers stress and burnout
- It coincides with the mission of the faith community
- It gives members volunteer opportunities

Overview of Training Handbook

- Who Needs Respite?
- Caregivers of persons with chronic illnesses
- Caregivers of persons with disabilities
- Caregivers of persons with Alzheimer's disease

Overview of Training Handbook

- Alzheimer's Disease
- A progressive neurodegenerative disease that attacks the brain
- 5.2 million people in the U.S. have dementia
- 501,480 probable cases of AD in Florida
- 21,567 probable cases of AD in Hillsborough County

Overview of Training Handbook

- Early Signs of Dementia
- Repeats things and asks the same thing over and over
- Forgets appointments
- Problems with paying bills
- Difficulty purchasing items
- Difficulty getting dressed
- Unable to take medications

Training Handbook

- Caregiving Dilemma and Consequences
- Sleepless nights
- Little or no assistance
- A lot of time away from work
- Other responsibilities
- May develop major health problems

Training Handbook

- In home respite
- Respite care facilities
- Emergency respite
- Adult day services

Training Handbook

- Who Volunteers?
- Unemployed middle class women
- Teens needing volunteer hours
- Caregivers desiring to help other caregivers
- Individuals who believe in the cause
- Members of the faith-based organization

Training Handbook

- Sensitivity
- CPR/First Aid
- Alzheimer's Disease
- Conflict Resolution

Training Handbook

- Activities for Persons with Alzheimer's
- Repetitive
- Routine
- Spontaneous

Nationally Recognized Volunteer Respite Programs

- Brookdale Foundation's National Group Respite Program
- Robert Wood Johnson Foundation's Faith in Action Program
- University of Alabama's Support Teams

How to Ensure Your Program's Success

- Use volunteers to operate program
- Hire a director with voluntary caregiving experience
- Establish a board
- Establish participant and volunteer criteria
- Handle all of the logistics and legalities
- Start small and build according to need and resources

How to Ensure Your Program's Success

- Recruit from your congregation
- Screen, train, and supervise volunteers
- Supervise volunteers frequently
- Require pre-training of volunteers
- Evaluate program frequently
- Attend Hillsborough County Department of Aging Services' free trainings

Project Status

- Master Plan on Aging 2007
- Survey of Faith Communities 2008
- Began Project in 2008
- Completed Training Handbook
- Completed Informational brochure
- Meetings with Congregations and training postponed due to County's budget cuts

<p>PARKS, RECREATION AND CONSERVATION DEPARTMENT</p> <p>The County's Parks, Recreation and Conservation Department (PRC) provides leisure services for visitors and residents of the Bay Area. Open to tiny tots through senior citizens, these programs cover a wide variety of services.</p> <p>Services Include:</p> <ul style="list-style-type: none"> • Athletics • Conservation Services • Construction & Maintenance • Greenways Program • Parks & Trails Services • Recreation Services • Rentals • Volunteer Opportunities <p>PRC is home to 205 sites, which includes regional parks, recreation centers/playgrounds/sports complexes, environmentally sensitive lands, which serves more than 9.2 million visitors a year</p> 	<p>EMERGENCY MANAGEMENT OFFICE</p> <p>The County's Emergency Management Office provides planning for emergencies and disasters for Hillsborough County and its three municipalities, Tampa, Temple Terrace and Plant City. There is no charge for this service.</p> <p>The Emergency Management Office also responds in the case of a disaster and provides guidance to ensure all the community's resources are brought to bare against the problem.</p> <p>After a disaster, non-profit and faith based agencies are encouraged to assist with the recovery of the community by providing their usual array of services but on an elevated scale.</p> <p>DISASTER ASSISTANCE</p> <p><i>After a Presidential Disaster Declaration has been declared, the first step for individuals or businesses that require assistance is to call.</i></p> <p>TOLL FREE HOTLINE Federal Emergency Management Agency 1 (800) 462-9029 1 (800) 462-7585 (TDD)</p> 	<p>CONTACT INFORMATION</p> <p>Department of Aging Services Telephone: (813) 272-3450 www.hillsboroughcounty.org/aging</p> <p>Department of Children's Services Telephone: (813) 294-3821 www.hillsboroughcounty.org/childrenservices</p> <p>Department of Health and Social Services Telephone: (813) 272-5040 www.hillsboroughcounty.org/hss</p> <p>Parks, Recreation and Conservation Department Telephone: (813) 635-5500 www.hillsboroughcounty.org/parks</p> <p>Emergency Operations Agency Telephone: (813) 236-5800 www.hillsboroughcounty.org/emergency</p>  <p>Hillsborough County Parks Board of County Commissioners</p>	 <p>Hillsborough County Human Services</p> <p>Opportunities to Connect and Strengthen Our Community</p> 
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Aging Resource Centers Outreach to Religious Congregations

Maureen Kelly
West Central Florida Area Agency on Aging, Inc.

Congregations and the AAA

- Religious congregations are committed to outreach to seniors and families, especially for emergencies and times of disaster.
- The numbers of people helped are similar to the size of the congregations:
 - Capacity of congregations to help tens of thousands of people.
- Religious congregations do not provide help to everyone in the county but in their own part of each county.
- Nearly half would take referrals from the Area Agency on Aging or county programs.

Congregations and the AAA

- Most common areas of help for seniors: friendly visitors, social activities, and transportation to religious services.
- This is followed by support groups and informal help.
- Far fewer congregations offer congregate meals or other types of transportation or home delivered meals.

Opportunities for AAA

1. The Area Agency on Aging could expand its advocacy activities by educating congregations about the need for funding programs and services for older adults.
2. More congregations could use their common areas and vans to help expand service options during the week, and still use these resources for religious activities on the weekend.

Opportunities

3. Congregations could also consider offering space to any number of affiliates to provide services that are sorely needed such as support groups, drug and alcohol treatment, and other mental health care.
4. The AAA could provide and/or expand the following programs and services to congregations:
 - Act as “Access Points” for the AAA’s, Aging Resource Centers. Aging Resource Centers provide information, assistance and resources for consumers to make sound decisions on a wide range of issues.

Opportunities

- Presentation sites for the SHINE program (Serving Health Insurance Needs of Elders). Also possible host sites.
- Host sites for the provision of Evidence-Based Health Promotion programs: i.e. Falls Prevention, Diabetes Education, etc.
- Host sites for Elder Abuse & Fraud Prevention programs.
- Sites to provide seminars about specific eldercare concerns.

Opportunities

5. Congregations that already have these programs in place could coach other congregations on how to institute these needed programs that provide relief for caregivers.
6. The AAA has posted the results of this survey on their website; promoted the use of the survey via AAA e-newsletter; and discussed the survey results at targeted partnership meetings, i.e. Polk Leadership Council, Highlands Interagency Council, Manatee Aging Coalition. The results will also be shared with major organizations that address the needs of families, children and emergency disaster services.

Ministry and Aging Services

Discussant: Rev. Bart Banks
Hillsborough County
Department of Aging Services

Background

- Planning for an Aging Society Survey (2007):
- 6% of 40+ population in West Central Florida and Hillsborough County expected faith communities to help them with activities of daily living.
- 5% expected a government program to help them.
- 14% did not know who would help them.

Background

- Involvement in religious activities and expectation of help from faith community:
 - Expected help: 4x more likely to be involved in religious activities “a lot”
 - Did not expect help: 50x more likely to “not at all” be involved in religious activities.
- Education and expectation of help from faith community:
 - 9% with college degree.
 - 3% with high school diploma.

Background

- Ethnicity and expectation of help from faith community:
 - 14% Other race or ethnicity (American Indian or Asian)
 - 6% African Americans (count on children instead)
 - 3% Hispanics (count on spouse, instead)
 - 6% Whites (count on spouse, instead)

Recommendation in 2007

- AAA and Hillsborough County Aging Services should work with faith communities to identify existing or encourage new outreach programs for helping neighbors with care needs.

For more information

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 - Click on Projects
- Rev. Bart Banks, Director
MaryJo McKay, Section Manager
Hillsborough County Department of Aging Services
<http://www.hillsboroughcounty.org/aging/resources/publications/OpportunitiesforWorkingTogether121908.pdf>
- Maureen Kelly, President and CEO
West Central Florida Area Agency on Aging, Inc.
813-676-5572
kellym@elderaffairs.org
- <http://www.agingflorida.com/Providers/tabid/80/Default.aspx>
 - Click on Needs Assessment Surveys