

# Age & Dementia Friendly Hadley

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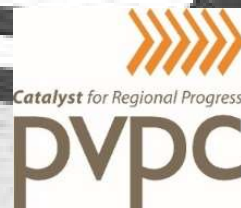
## Civic Engagement and Employment

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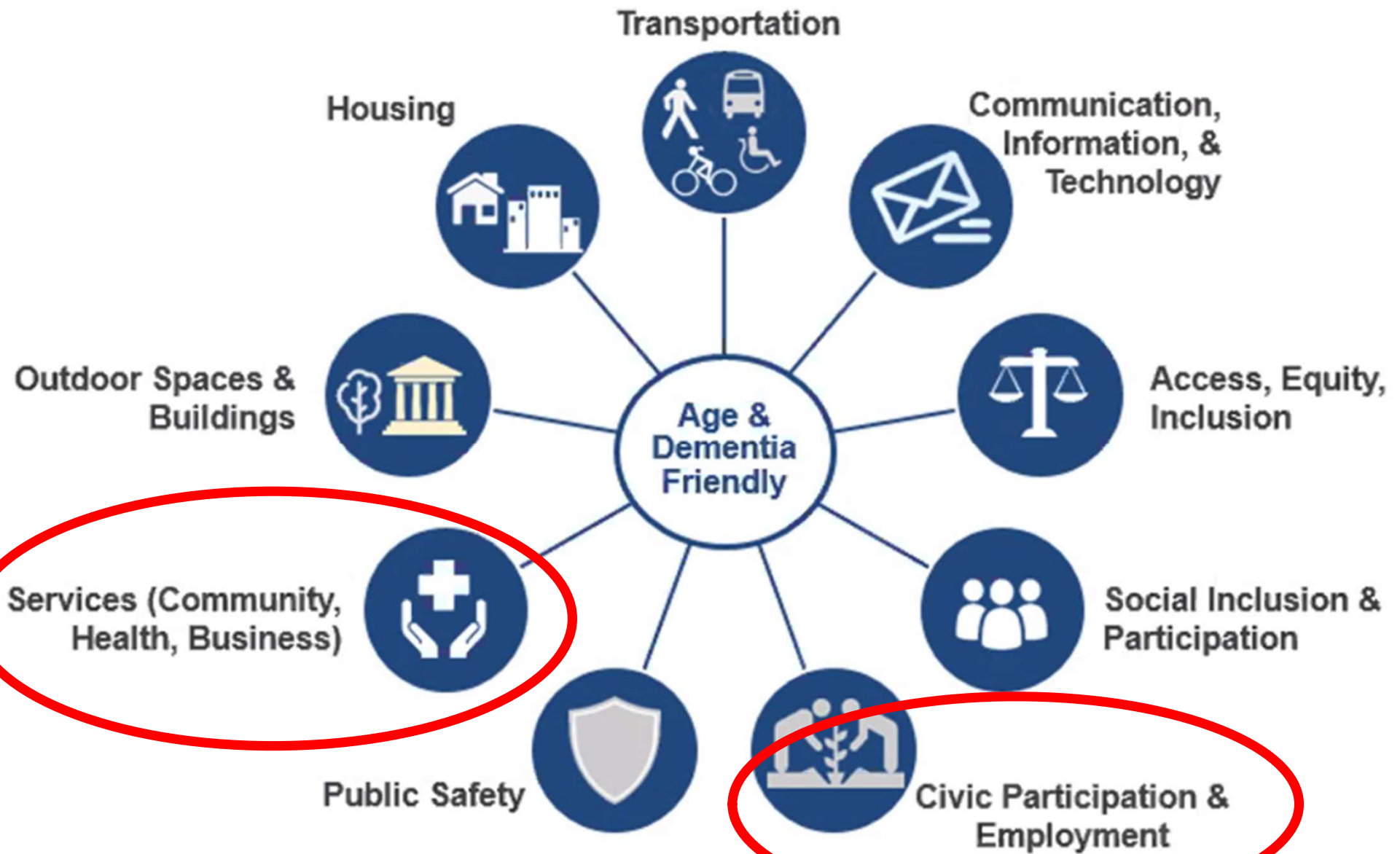
## Health and Community Services

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## January 13<sup>th</sup>, 2022



# Domains of an Age & Dementia Friendly Community



# Community Profile Data

(Mass Healthy Aging Collaborative – 2013-16 ACS data)

- ▶ **31.8%** of population or 1,700 people are over 60 in Hadley (21.2% in MA)
- ▶ **22.6%** or 1,204 people are **over 65** (only 15.1% over 65 in MA)

## Physical and Cognitive Impairments:

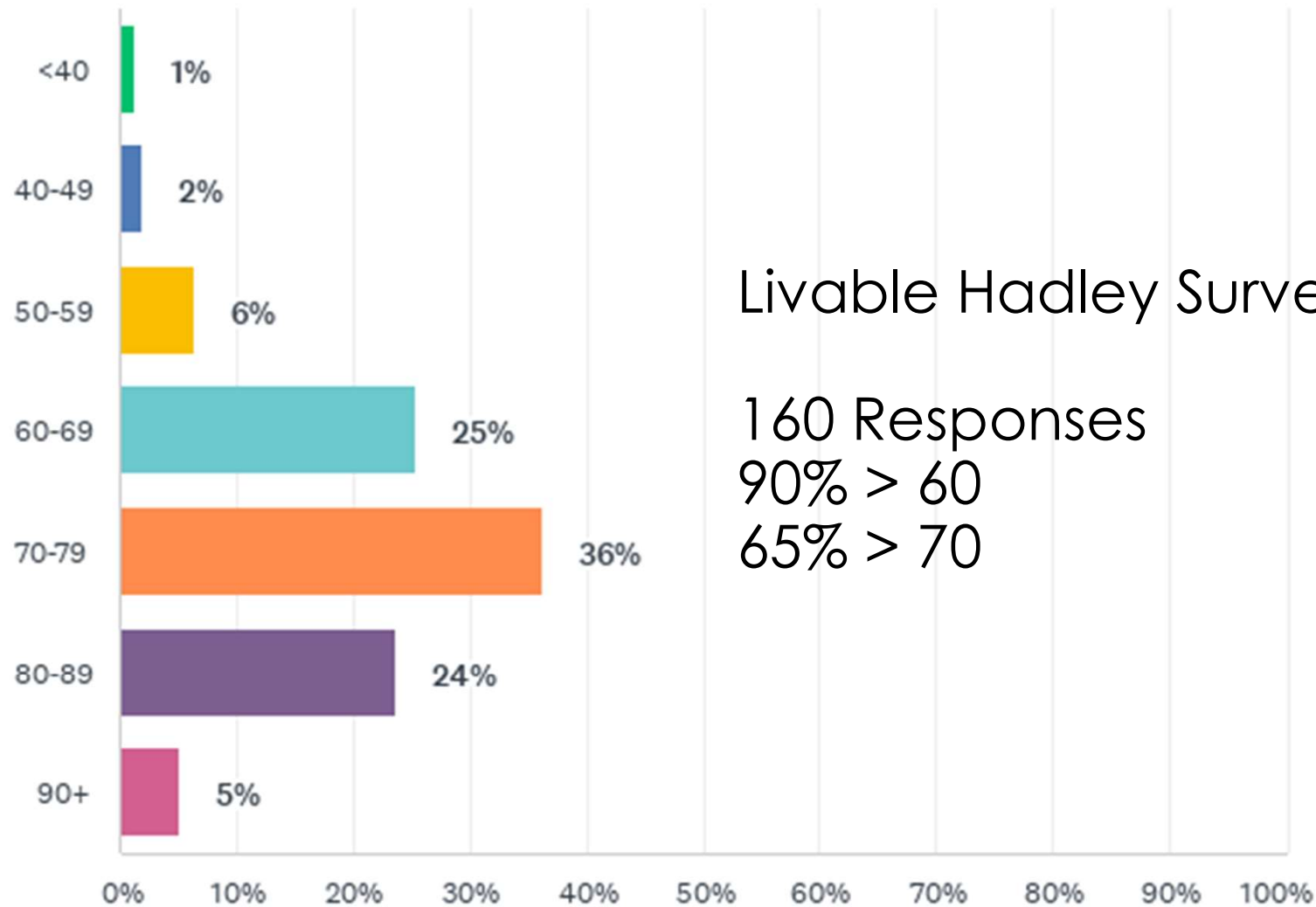
- ▶ **13.3%** or approx. 160 people over 65 have been diagnosed with **Alzheimer's or related dementias** (13.6% in MA)
- ▶ **14.8%** 65+ with clinical **diagnosis of deafness** or hearing impairment (16.1% state)
- ▶ **7.6%** 65+ with self-reported **vision difficulty** (5.8% state)
- ▶ **20.9%** 65+ with self-reported **ambulatory difficulty** (20.2% state)

# Community Profile – Wellness Data

(Mass Healthy Aging Collaborative – 2013-16 ACS data)

Wellness & Prevention	Better/ Worse than State	Hadley est.	State est.
% 60+ with <b>self-reported fair or poor health status</b>	B	13.2%	18%
% 60+ with <b>5 or more servings of fruit or vegetables</b> a day	B	22.3%	21.5%
% 60+ <b>diagnosed obese</b>	B	16.6%	19%
<b>Most other health indicators the same or better than state estimates</b>			
% 65+ with <b>4+ (out of 15) chronic conditions</b>	B	57.5%	60.7%
% 65+ with <b>stroke</b>	W	14.6%	12%
% 65+ with <b>hypothyroidism</b>	W	26.2%	21.1%
% 65+ with <b>fibromyalgia, chronic pain and fatigue</b>	W	26.3%	19.8%

## Q1 What is your age?



Livable Hadley Survey:

160 Responses

90% > 60

65% > 70

**Health and Community Services** is a priority for residents to make Hadley more livable for older adults

Which of the following areas are most important for Hadley to focus on in the next five years to make the town a more livable community for older adults? Please rank the top 3 priorities (with numbers 1, 2, 3)

Answered: 149 Skipped: 11





# Health and Community Services

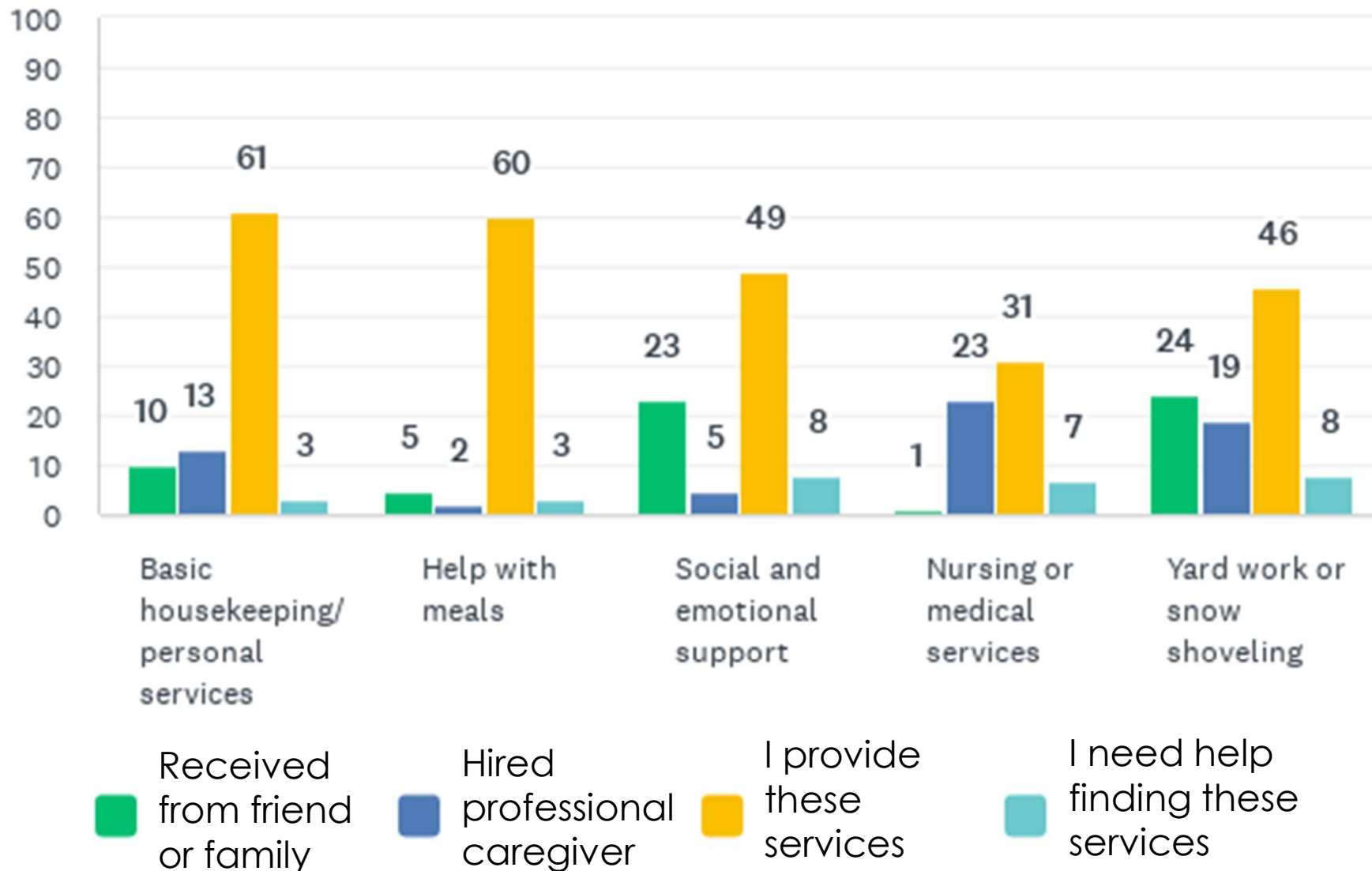
- Access to **home-based care services, health clinics, telemedicine**
- Access to **healthy food**
- Programs that promote **wellness and active aging**
- Support for **families and caregivers** of people with dementia or other chronic illnesses
- Help with **basic tasks**





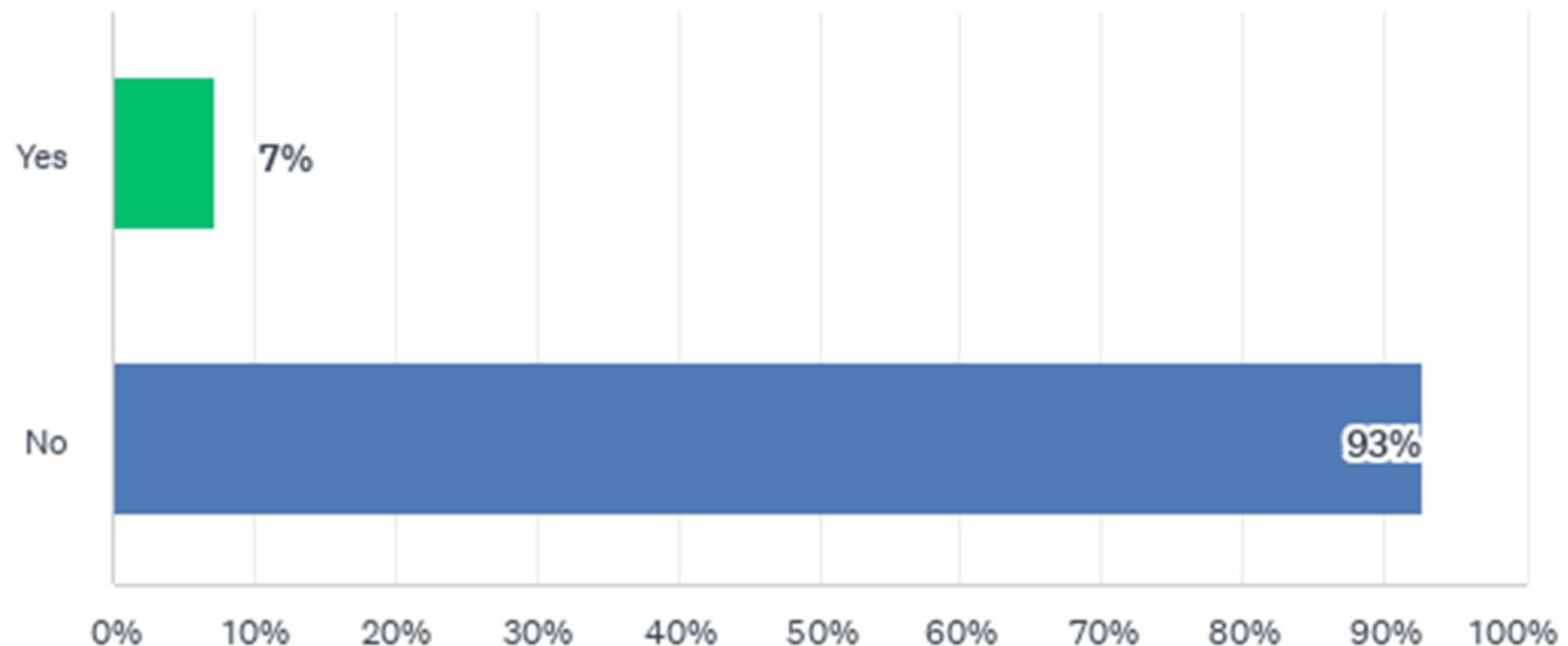


# Home care services – Aging in place

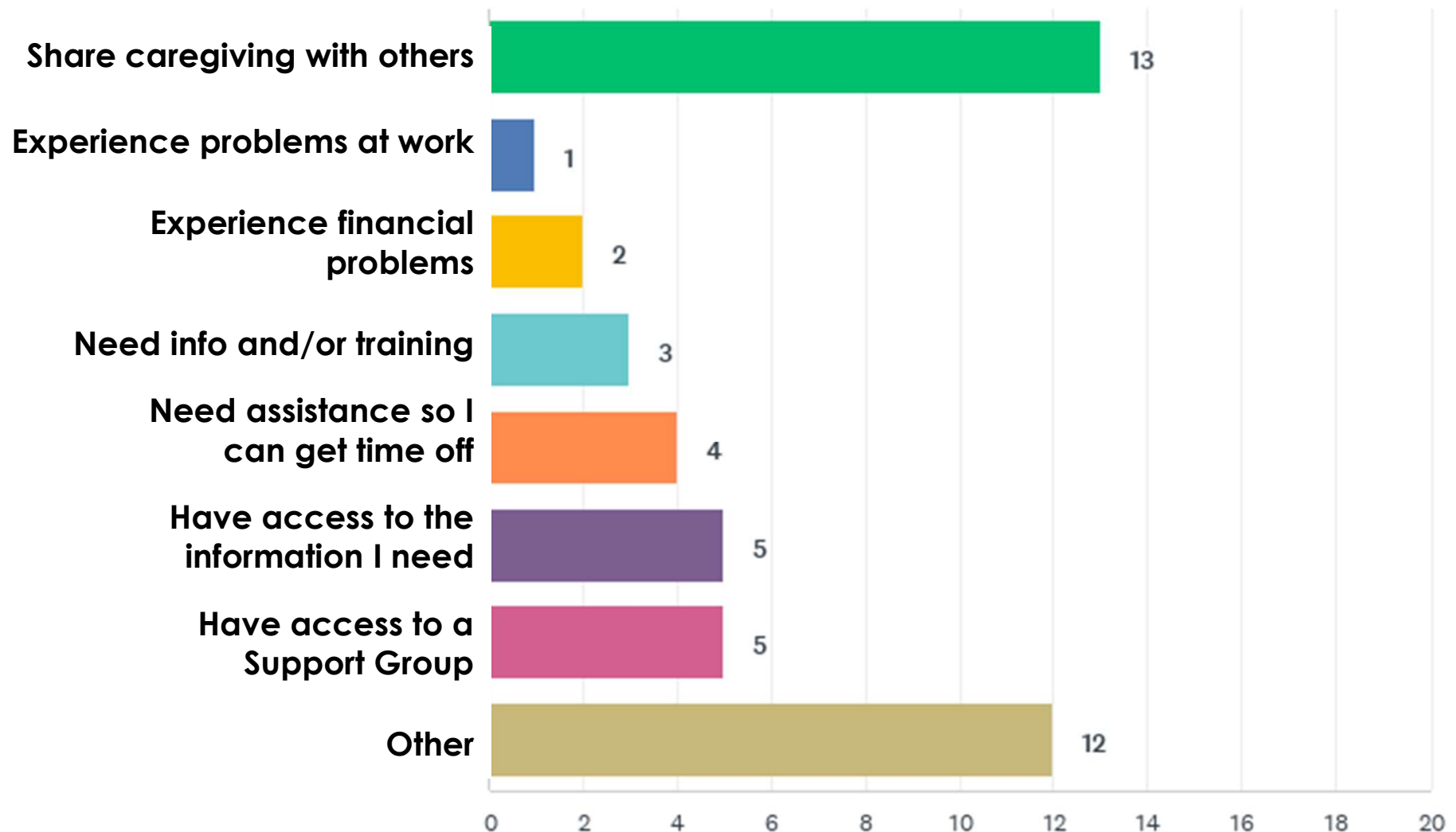


# It is difficult for many to access caregiver services

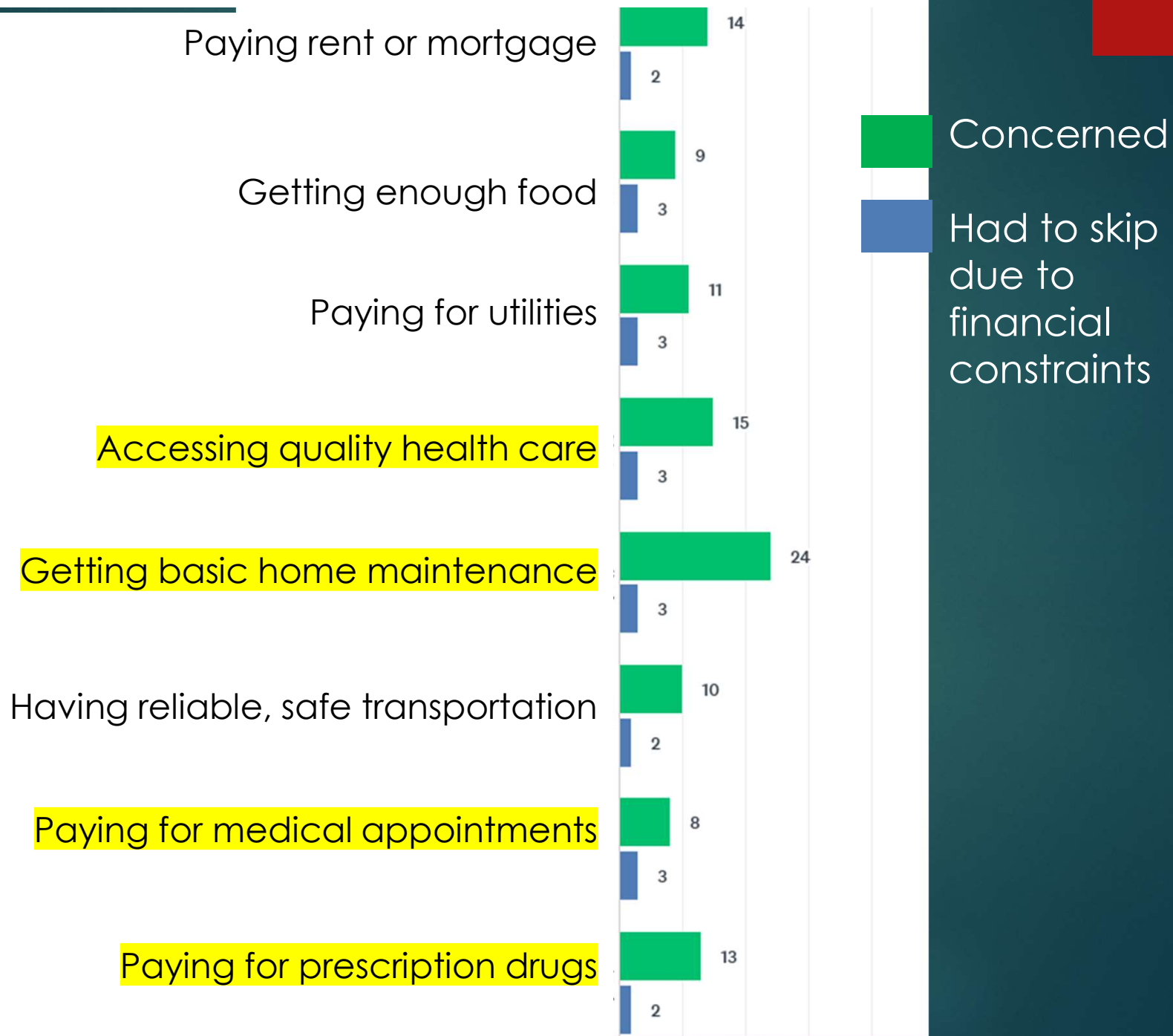
**Have you experienced problems accessing professional caregiver services (home health care or visiting nurses)?**



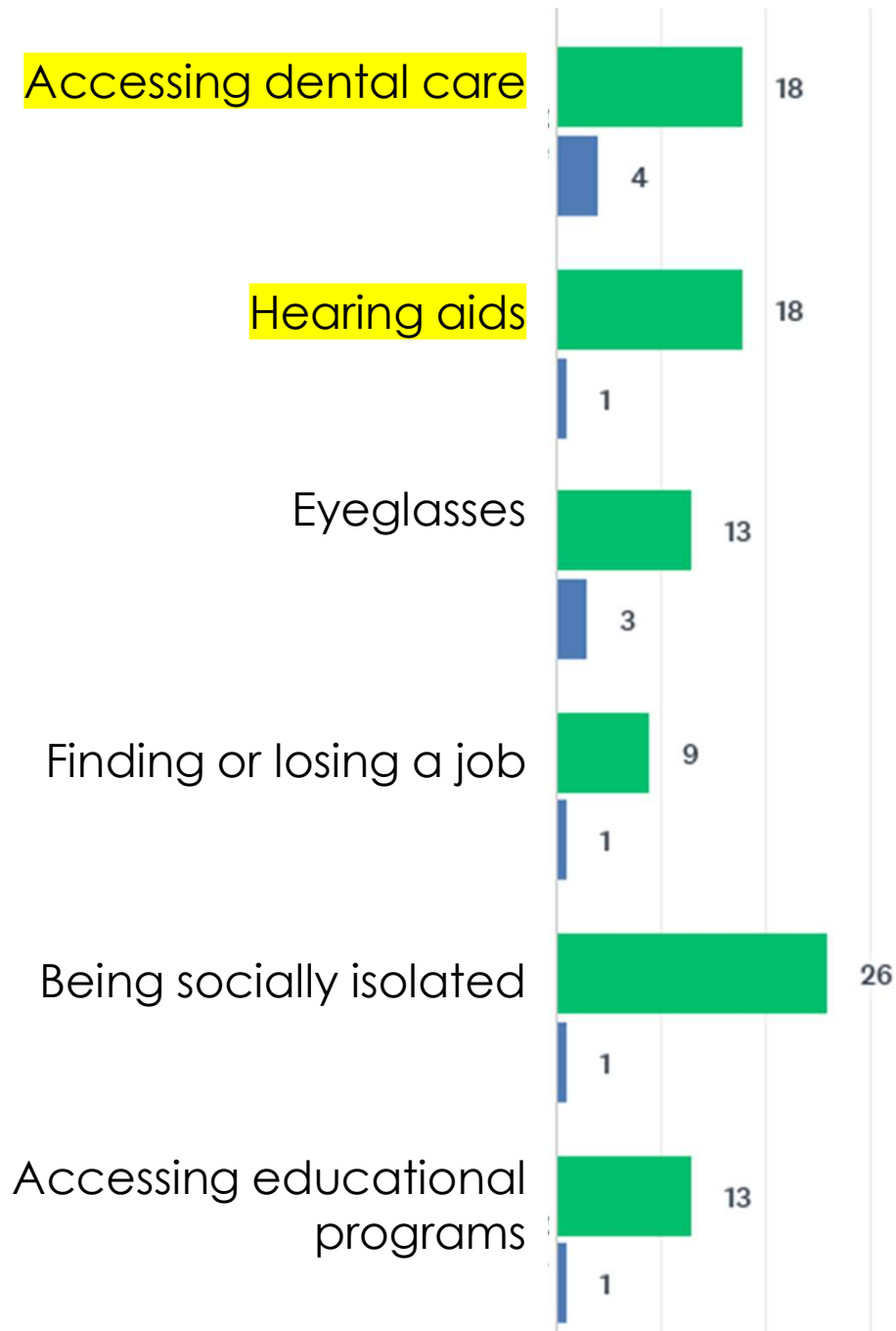
**Q30 - If you provide caregiver services to a friend or family Member, do you... (check all that apply)**



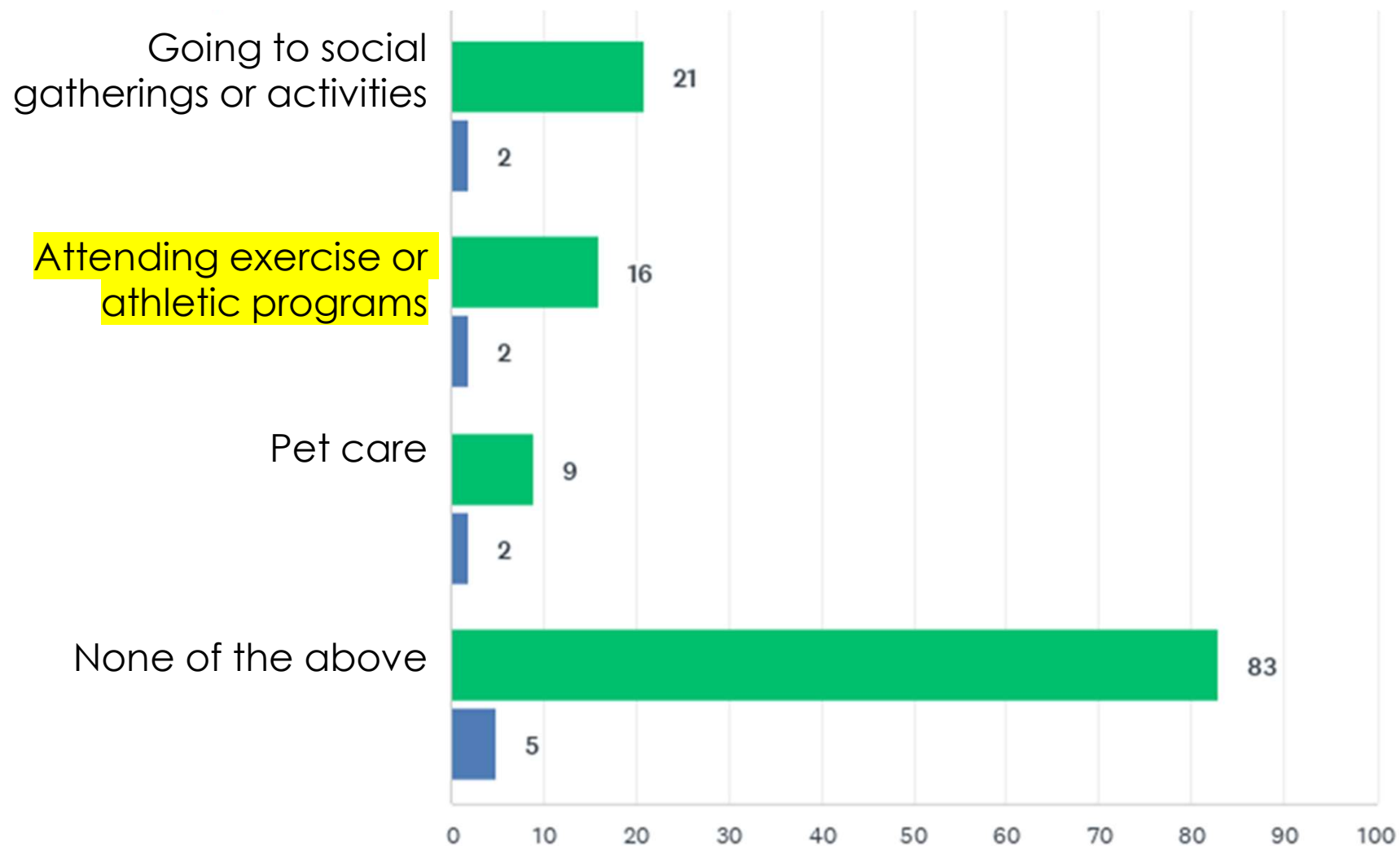
## In the past 12 months have you been concerned about any of the following? (check all that apply)



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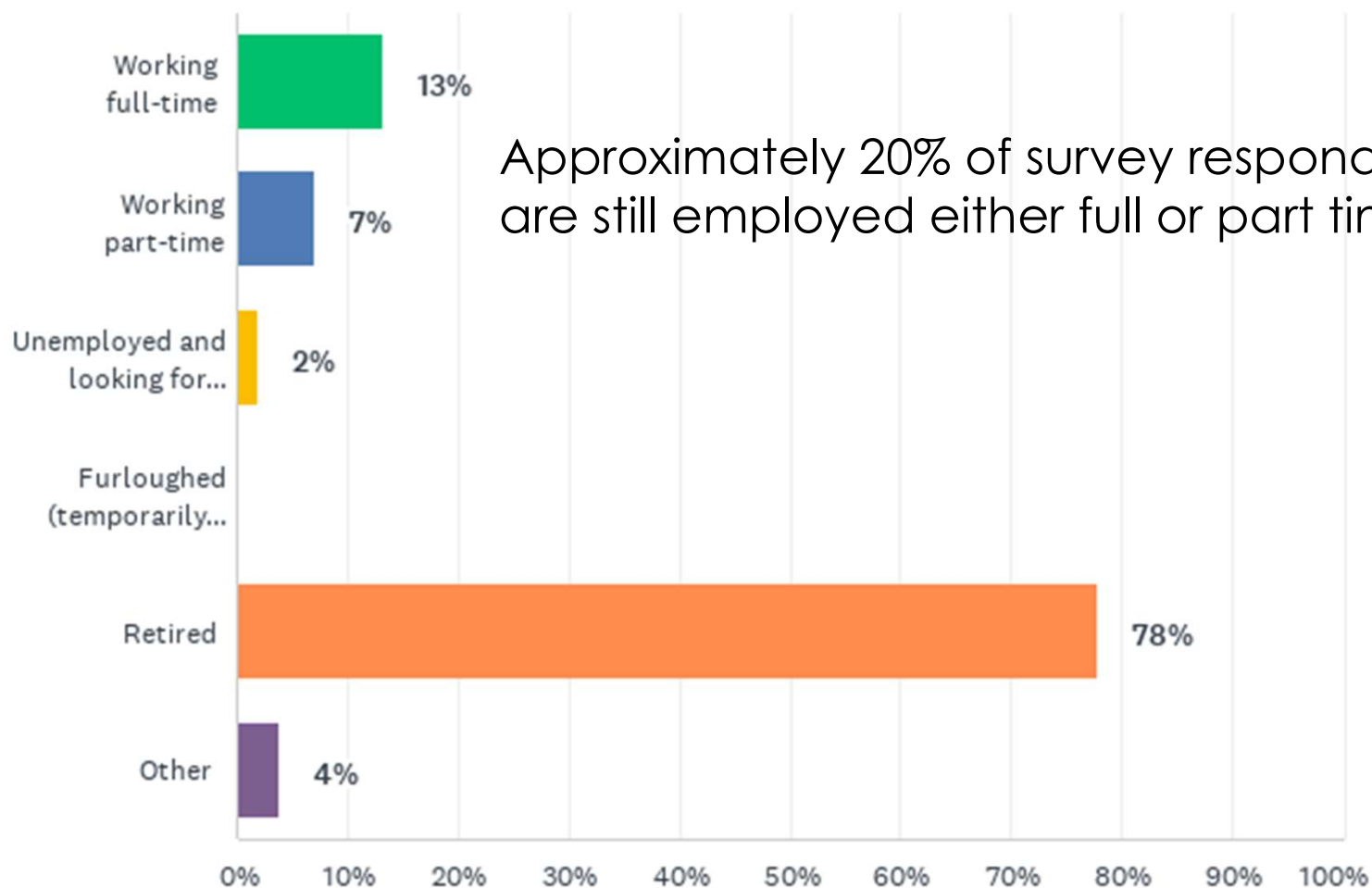
# Civic Engagement & Employment

- **Engagement** in developing policies relevant to the lives of older adults
- **Employment** and **volunteer** opportunities for all ages
- **Meetings** at **times and places** that are accessible and convenient for people of all ages and abilities
- **Fostering an age-friendly attitude** in the public and private sectors through education and trainings to encourage the hiring and utilization of older adults



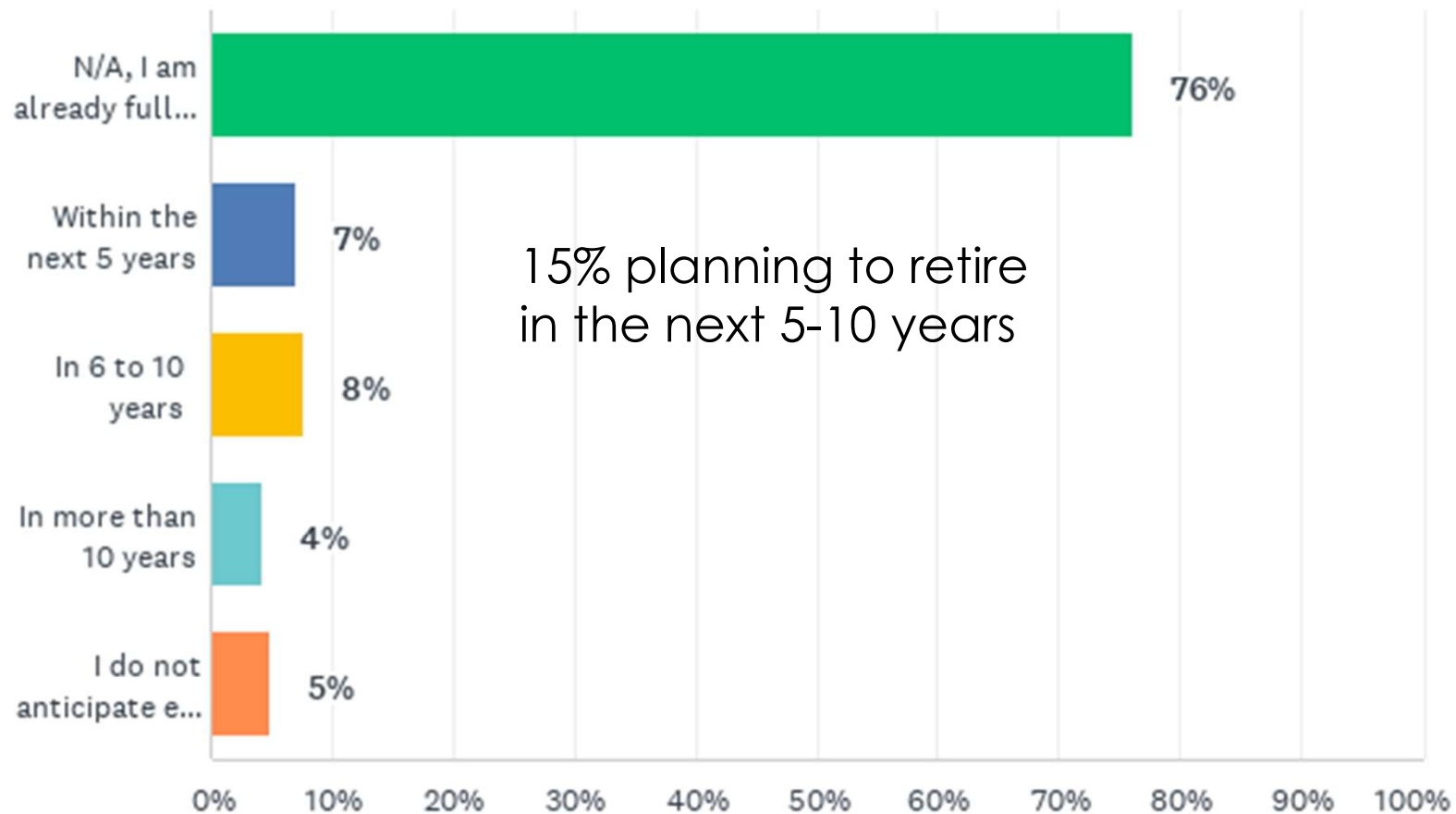
Courtesy of Flickr user Fairfaxcounty

## Q9 What is your employment status? (check all that apply)



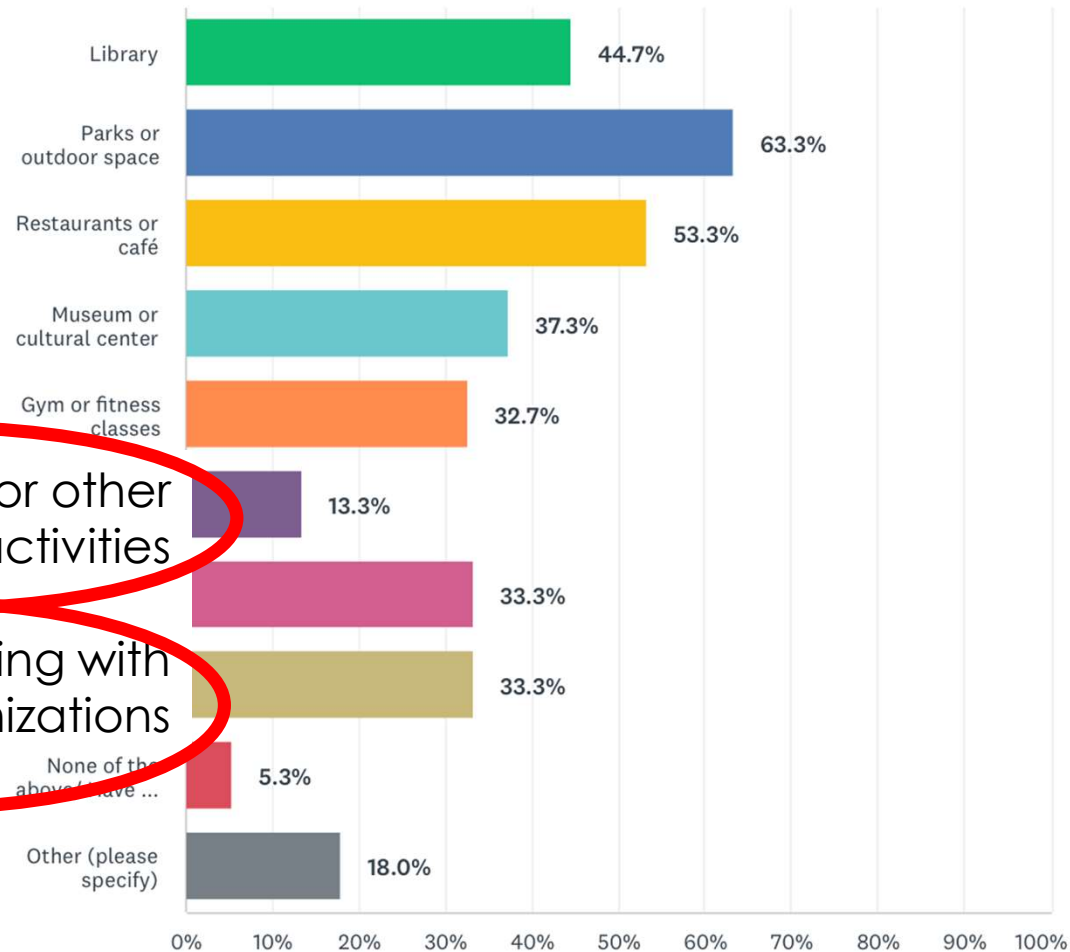
Approximately 20% of survey respondents are still employed either full or part time

## Q10 When do you plan to retire?



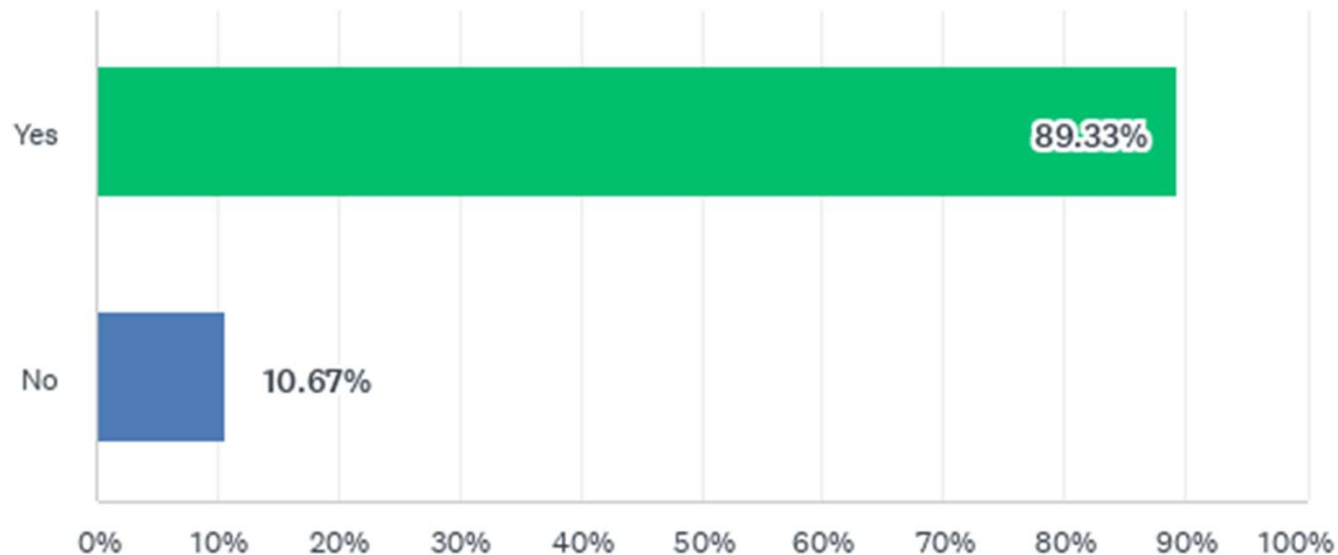
Other than the Hadley Senior Center (and assuming these places will be fully open in the coming year), where do you like to spend your free time? (check all that apply)

Answered: 150 Skipped: 10



# Technology could be a barrier to engagement for some older adults

Q32 Are you comfortable using a computer, tablet or smart phone?



# Health and Community Services – Assets

- **Hadley Senior Center** provides wellness/exercise classes, yoga, income tax assistance, SHINE, fuel assistance and SNAP application support, flu shot clinics, foot care clinics, food support programs, Town Nurse, veterans services, Caregiver Support Services
- **Food delivery and assistance programs** on Senior Center website (very useful!)
- **Highland Valley Elder Services** provides home-delivered and congregate meals and online **resource directory**. ASAP for Hampshire County – provide state subsidized home care – home health care, informational case management, subcontract with agencies; protective services, ombudsman services for nursing homes, financial management
- **Alzheimer's Association** provides online classes for people with dementia and caregivers
- **Cooley Dickinson Hospital** is nearby – Memory Care Initiative (Northampton)



# Health & Community Services

- ▶ Baku **Adult Day Center** in Hadley – Participants from Amherst, Chicopee, Easthampton. Provide transportation. Provide light breakfast and lunch. Serve 22+ with physical, cognitive, chronic disabilities; people with dementia
  - Foot nurse, hair, wellness, bingo, other activities;
  - MassHealth (Standard? Can go up to 5 days a week, transportation), veterans (paid by VA); and private payment. 8 am – 1 pm
  - Q – How many seniors are on MassHealth?
  - Right now lower participation due to pandemic – capacity for 51 people (24 now) – can do social distancing, screening, other precautions; offer tours.
  - Transportation can be a barrier. (Senior Center van can help Hadley residents)
- ▶ Cooley Dickinson Geriatrics – Rebecca Starr (also Memory Care initiative)
- ▶ Brain Analysis and Neurodevelopment Center in Hadley
- ▶ Department of Developmental Services provides family support, employment and others eligible for their services
- ▶ Medical clinics, alternative health care clinics, doctors in Hadley (Russell Street) – some specialize in geriatrics. Several dentists, counselors in town (some specialize in working with seniors, relationships); acupuncture, physical therapy
  - ▶ Linda is Age and Dementia Friendly Ambassador – building out contact list – senior tax workoff program

# Health & Community Services Challenges

## Identified Needs:

- **Care Coordination** (2019 Cooley-Dickinson CHNA) – particularly for older adults, between primary care and providers of other services

## OTHER:

- ▶ Access to home care providers
- ▶ A lot of adult day programs shut down due to COVID
- ▶ Spouses of people with dementia – problems getting people to participate in adult day programs – stigma.
- ▶ Caregivers don't have time to look for services – need for respite care
- ▶ Workforce – severe shortage of workers doing home care – significant wait (respite, companion services). Low paid work  
Some funded through MassHealth, some private pay assistance – eligible if you make up to \$48K

# Health and Community Services Challenges

- ▶ Transportation to medical appointments
  - ▶ Ability through volunteers to do medical rides; van driver can provide rides on off days – meet some needs, very labor intensive
  - ▶ RSVP could fill gaps – volunteer drivers – but lacking comprehensive availability. Transportation is mostly on call and depends on volunteer availability. COVID has made it more of a challenge

# Volunteer Assets

- ▶ RSVP – work with 64 agencies in Franklin, Hampden and Hampshire County. 500 volunteers mostly active.
  - ▶ SHINE volunteers, companions, money management, food, transportation – some through COAs, Highland Valley
  - ▶ Healthy Bones & Balance exercise program – run by volunteers trained by RSVP
  - ▶ Many services at senior centers provided by volunteers
  - ▶ CHALLENGE – volunteers over 55 reluctant to be out in public
  - ▶ IT help? Many volunteers are still working part time – people of all levels of experience, talent, interest. Some have run IT programs – can set up IT 101. Challenge – volunteer in one area not close to need.
  - ▶ Most volunteers work out of a site partner location (Senior Centers, hospitals – one of 64 sites);
  - ▶ Home maintenance and repair – referred to village groups

# Employment & Civic Engagement Assets



- ▶ **Senior Center** provides volunteer opportunities and connection to **property tax reduction** program
- ▶ **RSVP program** offers volunteer opportunities for older adults, and help with basic tasks for those who need it
- ▶ **50+ Job Seekers program** – Assistance for people over 50 looking for full- or part-time work. Provides workshops, speakers,
  - ▶ Statewide program administered through MCOA – year-round, 12-week program that helps people deal with agism, create resumes, info on job search, interviewing skills
  - ▶ Empower Success Corps – Work on Civic Engagement
  - ▶ Discovery Center – Discovering What's Next – available to all COAs. 2 volunteers who help place older adults at COAs or throughout community; collaborating with AARP and Age Friendly. Places local COA. Susan Carp, David
- ▶ **Retail stores** – opportunities for part-time work – (Staples, Target, Trader Joes, Whole Foods, etc.) – encourage seniors to apply. Ask about skills (lifting, bending down, etc.). Accommodate senior needs for training.



# Employment & Civic Engagement (cont.)

- ▶ **Senior Community Service Employment Program** (US Dept of Labor)
  - job training for older adults
  - ▶ Similar to 50+ Job Seekers Program – Federally funded, since the 60s. Administered by Dept of Elder Affairs – serve Hampden and Hampshire Counties. Large % of participants from Springfield area.
  - ▶ Serves low income, unemployed program 55+ with some barrier to employment – computer skills, have been out of job market, etc. Service jobs – soup kitchens, etc. pays minimum wage. Learn job skills, social engagement, work for more permanent work.
  - ▶ Some of the volunteers at 50+ job seekers might be eligible for being paid for work –
  - ▶ Income eligibility requirement – no more than 120% of poverty level (\$21,700 for a couple); disability and unemployment income not included. Pensions & investment income.
  - ▶ Looking for useful part-time community service training opportunities
  - ▶ Provides job training (technology, etc.).
  - ▶ Q – Hadley as a site – do employers have ability to help select?
    - ▶ CSEP does screening - job skills, barriers (transportation), works with host agency to understand required skills. Supervision is a requirement. Have to make sure they have ability to do physical work.
    - ▶ 20-29 hours per week
    - ▶ Can do a presentation at Hadley Senior Center