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the Lives  
of the Entire  
Community!*

## *We're Living Longer, Now What?*

# *Community Resources to Support Optimal Lifestyles*

A presentation by JFCS of the Suncoast, Inc.

JFCS-Cares.org  
(941) 366-2224



The Jewish Federation  
OF SARASOTA-MANATEE



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# JFCS

Jewish Family & Children's Service of the Suncoast, Inc.

Serving people of all faiths, ages,  
incomes, and abilities.

Embracing our community with care.





# Dr. Bill Thomas once said...

~Founder of the Eden Alternative and Green House Project

“Aging is the name we give to growth after youth. We are made to outgrow youth, and aging is how we do it.

Three great inventions in human history: Fire, the wheel, and aging. And of the three, the greatest is aging.”

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# As we live longer, how do we ensure a continuing quality of life?

- Physical health
- Mental health
- Spiritual health
- Engagement
- Mattering





# Ensuring Our Independence

- Be sensible
- Create a balance for your independence
- **Accept the right amount of support from others**
- What's the benefit?

**So you can live independently...as  
YOU desire**





## What's next?



- As we get older, we get more afraid of what is going to happen to us.
- Who is going to take care of me?
- There might come a time that I need someone to say – okay, here is what you need to do.
- My financial advisor says I only have enough money for 3 more years.
- No one expected us to live past 80.
- It is not “If.” It is “When”

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Search ID: epln510

"WE HAVE A PROBLEM... YOU'RE STILL AROUND BUT YOUR OLD-AGE RETIREMENT SAVINGS NO LONGER EXIST!"

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# How to Know When Home Alone is No Longer a Good Idea

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## 1. **An Individual seems isolated**

- A loss of active friendships, including outings with friends, visits with neighbors or participation in religious or other group activities.
- Days spent without leaving the house, perhaps because of difficulty driving or a fear of using public transportation.

## 2. **An individual is neglecting their personal hygiene**

- Greater difficulty managing activities of daily living, like dressing, bathing and cooking.
- Unpleasant body odor.



### 3. **An individual's home is dirty and cluttered**

- Mail in a chaotic state, scattered and unopened. Are there overdue bills, surprising thank-you notes from charities, piles of unread magazines?
- Favorite appliances are broken but not scheduled for repair. Signs of fires; charred stove knobs or pot bottoms, potholders with burned edges.
- Neglected plants or pets.
- Overflow of garbage
- Odor in home

### 4. **An individual is not eating well**

- In the kitchen, signs of excess or forgetfulness, like perishables well past their expiration dates.
- Weight loss or gain.
- Empty refrigerator



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## 5. Noticeable accidents and/or decline in health

- Recent accidents or close calls, like a fall, medical scare or numerous minor car accidents or being pulled over numerous times.
- Unusual injuries, unexplainable injuries – individual states that they do not know how they got the cut/bruise.
- A slow recovery. How well was a recent illness weathered? Did it develop into something serious? Was medical help sought when needed?
- If you are aware of healthcare directives not being followed.

## 6. Abuse

Neglect (Including self-neglect), Suspicion of Exploitation, Physical and/or Emotional Abuse –

**Elder Abuse Line 1-800-962-2873**



## 7. Family members are worried and stressed

- Is someone checking in regularly? If not, is there a home-safety alarm system, a personal alarm system or a daily calling service in place? Are more supports needed to encourage longer independence in the home?
- If an older relative is still driving, go along for a ride and look for failure to fasten the seat belt or heed dashboard warning lights; signs of tension, preoccupation or distraction while driving; damage to the vehicle that may indicate carelessness.
- Numerous calls from neighbors with concern.
- If you are the primary caregiver, how are you doing? Are you increasingly exhausted, depressed or becoming resentful of the sacrifices you have to make to care for the person?



# Planning is key

- Home safety evaluation
- Using technology to make your life easier
- Transportation options
- Home Care
- Medicare and Medicaid
- Should I move? CCRC, ALF, nursing center
- Health Care Directives
- Money/Trust/Will



# What Services are available in Our Community?

## Referral & Linkages To Services:

- AAA for Southwest Florida.....1-866-413-5337
- Senior Connection Center (Manatee County)1-800-963-5337
- Agency for Persons with Disabilities..... 1-800-615-8720
- United Way 2-1-1 of Manasota..... Dial 2-1-1
- Elder Helpline..... 1-800-96-ELDER

## Emergency / Abuse:

- Elder Abuse Helpline..... 1-800-962-2873
- Medical Emergency..... Dial 9-1-1

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# Services available in Our Community

- **The Paradise Center: 941-383-6493**
  - Education, Wellness Programs, Counseling, & Referral Network
- **Meals On Wheels Plus of Manatee: 941-747-4655**

Assisting individuals to live independently by providing nutrition and caring supportive services including:

  - Nutrition/Home-Delivered Meals
  - The Food Bank of Manatee
  - Daybreak Adult Day Care
  - The Enrichment Center: Renaissance on 9<sup>th</sup>: 941-749-0100

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# Services available in Our Community

- **Friendship Centers: 941-955-2122**
  - Balance Movement & Falls Prevention, Medical & Dental Clinics, Exercise & Fitness, Friendship at Home, Friendship Café, Home Delivered Meals, Life Long Learning
  - The Caregiver Place, Adult Day Care Services, Caregiver Support Groups, Resource Library
  - Volunteering Opportunities, Info & Assistance

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# Services available in Our Community

- **Parkinson Place: 941.893.4188**
  - Dedicated exclusively to the physical, mental, emotional and social needs of those living with Parkinson's disease.
  - Over 80 free research based programs per month to members in addition to educational programs and social events.
- **Neuro Challenge Foundation for Parkinson's: 941.926.6413**
  - Care Advisors providing free individualized guidance to PD patients in Sarasota and beyond. In addition, we believe a better approach to Parkinson's is through education, activity, exercise, social opportunities and support from others who have experienced similar challenges.

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# Services available in Our Community

## Alzheimer's/Dementia Resources

- **Alzheimer's Support & Education Network (JFCS) 941-364-7508**
  - Caregiver specialist to meet individual need, caregiver support & education, support for adults with special needs and their caregivers, respite
- **Alzheimer's Association Florida Gulf Coast: 365-8883**
  - Screenings, Education/training, Support Groups & resources
  - 24/7 Helpline: 1-800-272-3900
- **SMH Memory Disorder Clinic: 941- 917-7197**
  - Diagnostic testing, referrals, education
- **The Roskamp Institute-Testing/Clinical Trials: 941-752-2949**
  - Institute Clinic & Clinical Studies, Research, Community Education and Outreach

## Adult Day Programs

- Services include: daytime respite, structured activities and therapeutic programs. Fees vary. VA benefits may apply.
  - i.e. Friendship Centers: The Living Room, All Smiles Adult Day Care Center, Meals on Wheels Plus Day Break

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## Transportation

- **Private Transportation for seniors**
  - **ITN : 941-364-7530** (Independent Transportation Network)
  - **Seniors On The Go: 941-444-0569**
- **Public Transportation: door-to-door service for individuals who cannot access the regular bus system**
  - **SCAT Plus (Sarasota County): 941-861-5000**
  - **Handy Bus System (Manatee): 941-748-2317**
- **FISH (Sarasota County): 941-953-5838** Provides transportation for medical or medically related appointments. (FREE, Donations Accepted)



## Food and Home Delivered Meals

- Home delivered meal programs:
  - Meals-on-wheels of Sarasota 941-366-6693
  - Meals-on-wheels Plus of Manatee: 941-747-4655
  - Friendship Centers (plus on site meal program) 941-955-2122
  - or private co. i.e. Moms Meals and Food with Care
- Food Stamp Office (Department of Children & Families)

## Veterans Services

- Sarasota County: **941-861-2899**
- Manatee County: **941-749-3030**
- VA Caregiver Support Line: **855.260.3274**



## **Elder Law Attorneys**

- Services include: durable power of attorney, living wills, health care preferences, and guardianship

## **Home Health**

- Services include: Homemakers, Companions, Home Health Aide, LPN and RN Care, Fees vary by services/hours needed.

## **Senior Living Options**

- Continuing Care Communities, Assisted Living Facilities/Memory Care, Independent Living, & Skilled Nursing Centers

## **Geriatric Care Management**

- Services include assessment, care planning with recommendations and referrals, and ongoing visits.

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# JFCS can help!

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- Information, referral and assistance
- Real help from real people
- Care Management
- Cancer Support Programs
- Alzheimer's Support for caregivers and Individuals diagnosed
- Caregiving programs
- Our Caregiver Helpline (941) 364-7560
- Supportive counseling
- Jewish healing programs
- Volunteering

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**JFCS...**

**Embracing Our Community With Care**

*It really is not about  
adding years to your  
life but adding life to  
your years!*

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2688 Fruitville Road  
Sarasota, FL 34237  
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[www.jfcs-cares.org](http://www.jfcs-cares.org)