



Suncoast Aging Network Monthly Meeting

AGING WELL AND IN THE RIGHT PLACE

Thursday, November 17, 2022

8:00 AM to 9:30 PM

At Alderman Oaks Retirement Center

Agenda

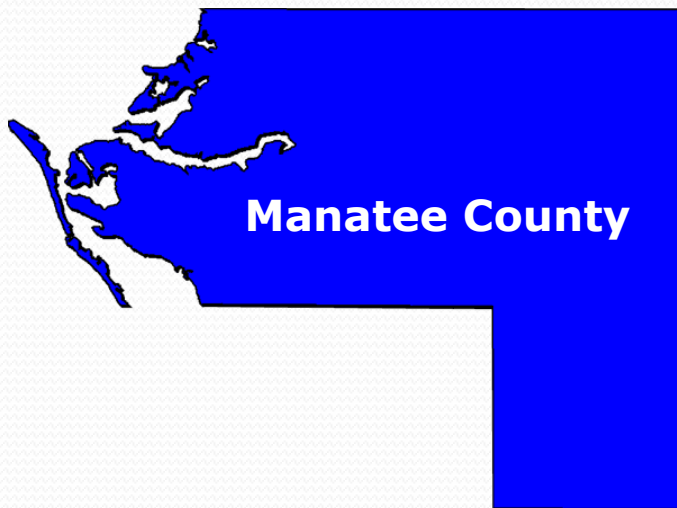
- **Aging Facts and Trends in Sarasota and Manatee Counties**
Sue Berger, Sarasota County
- **Universal Design for Accessible, Flexible, Safe, and Visitable Living**
Elena Vizvary, Universal Design Coalition
- **Aging in Place Services for Individual and Multi-Family Dwellings**
Irene Nobles, Allegiant Health Advisors
- **When, Why, and How to Make a Move to a Senior Living Community**
Heather Cartright-Tetrault, My Care Finders
- **Q & A**

Aging Facts and Trends in Sarasota and Manatee Counties

Sue Berger
Aging System Policy Coordinator
Sarasota County Health and Human Services

2020 Profile of Older Americans

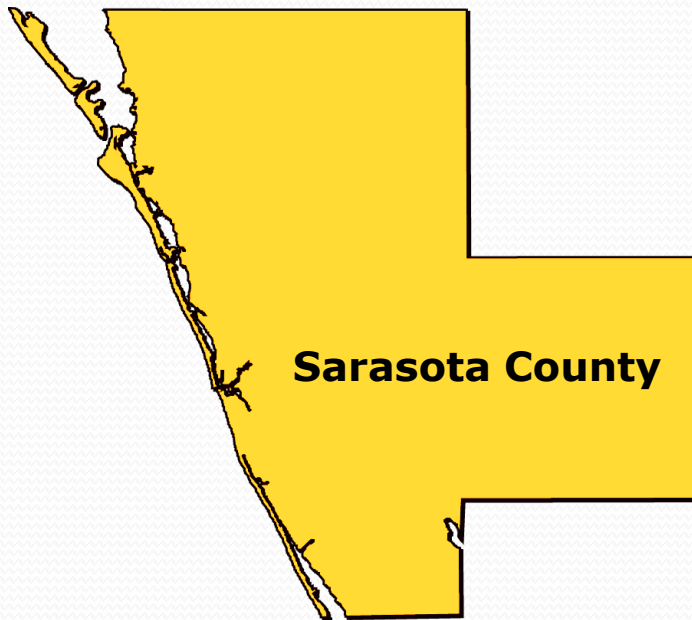
- In 2019, the US population age 65+ was 54.1 million, representing 16% of the population. This is expected to be 21.6% by 2040
- The number of older Americans has increased by 14.4 million (36%) since 2009, compared to an increase of 3% for the under 65 population
- Nearly 1 in 4 older adults are members of racial or ethnic minority
- States with the highest percentage of population age 65+ were Maine, Florida, West Virginia, and Vermont
- In 2019 the median income of older persons was \$27,398
- In 2019 51% of persons age 65+ lived in nine (9) states: California, Florida, Texas, New York, Pennsylvania, Ohio, Illinois, Michigan and North Carolina
- The reality of the demographic transition



- General population of 399,710 (Under age 18: 70,749 or 17.7% of the population)
- Age 65+: 113,518 or 28.4% of the population
- 85.7% White, 9.2% Black, 17.1% Hispanic or Latino
- 32,844 Veterans
- 73.8% Owner-occupied housing unit rate
- 93.9% of households have a computer and 86.4% with broadband internet

Issues impacting the older adult population:

- Depression/mental health support (reported an increase in hospitalization for mental disorders in those 65-74)
- Higher suicide rates
- Healthy weight and access to physical activity with features for people of all ages/abilities
- Diabetes
- Improve the food environment and nutrition habits



- General population of 434,006
- Under age 18: 60,761 or 14% of the population
- Age 65+: 161,450 or 37.2% of the population
- 91.2% White, 4.7% Black, 10.1% Hispanic or Latino
- 41,215 Veterans
- 76.2% Owner-occupied housing unit rate
- 93% of households have a computer and 87% with broadband internet

Issues impacting the older adult population:

- Depression and emotional support
- Higher suicide rates and excessive drinking
- Healthy weight and access to physical activity with features for people of all ages/abilities
- ER visits due to unintentional injury, primarily falls
- Safe and affordable housing

AREAS OF FOCUS

AGEISM: Training with libraries and programs to educate youth

PUBLIC HEALTH: Age-Friendly public health designation for the DOH and SMH

CONNECTIVITY: Engaging Digital Access for All Program, UPLIFT Florida Network and resources to alleviate isolation

HEALTH SERVICES: Expansion of SMH and telehealth and telecounseling, falls prevention, CDSM

HOUSING: Expansion of ADU ordinance, UD Coalition

BRAIN HEALTH: Healthy Brain Initiative Roadmap, SHIP priority, BOLD Grant opportunities

Seniors Advisory Council, Aging Stakeholders, CHIP Leadership Team, CHAT Teams, UD Coalition, Suncoast Aging Network, Sarasota County Senior Advocacy Council, Manatee County Senior Advocacy Council

KEY WEBSITES

Age-Friendly Sarasota: <https://www.agefriendlysarasota.org/>

Age-Friendly Public Health: <https://www.tfah.org/initiatives/age-friendly-public-health/>

Sarasota County Community Health Improvement Plan:
https://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/sarasota-county/_documents/Sarasota_CHIP1.pdf

Manatee County Community Health Improvement Plan:
https://www.floridahealth.gov/provider-and-partner-resources/community-partnerships/floridamapp/state-and-community-reports/manatee-county/_documents/Manatee_CHIP1.pdf

AARP Livability Index: <https://livabilityindex.aarp.org/>

PSA 6 Senior Connections Center, Inc.: <https://seniorconnectioncenter.org/>

PSA 8 Area Agency on Aging for Southwest Florida: <https://aaaswfl.org/>

Universal Design for Accessible, Flexible, Safe, and Visitable Living

Elena Vizvary, MS, OTR/L
Chair, Universal Design Coalition (UDC)

Universal Design

- Creates inclusive design solutions
- Promotes accessibility and usability
- Allows people with all levels of ability to live independently.



Universal Design Coalition

The UDC = Sarasota Professionals

Purpose: Educate about Universal Design in Homes.
UDC began as a "Continue the Conversation" group in the early 2000s and continues as a non-profit organization





The Birth of Universal Design

- Developed in 1997 at North Carolina State University
- Architects, product designers, engineers and environmental design researchers
- UD Principles guide the design of environments, products and communications
- Human centered, inclusive, good for everyone
- Universal design allows products and environments to be more useable by more people

ADA vs. Universal Design

Americans with Disabilities Act of 1990 (ADA)

- A Law for Commercial Design – Minimum codes.
- Requires barrier-free access for Government Projects, Commercial Facilities, and Public Accommodations- **Not for Homes**
- Barriers that impede access must be removed

VS

UNIVERSAL DESIGN

**A Voluntary Solution for
Better Design for ALL**



ADA vs. Universal Design

ADA incorporates Universal Design



Automatic door open



Closed captioning

Universal
Design
is
Design
for
ALL
People



General Principles of Universal Design



Accessible
Adaptable/Flexible
Safe
Visit-able

Universal Design

Important for Aging in Place....AND Aging in the Right Place!

- Almost 9 out of 10 older adults want to stay in their homes as they age
- 1 in 4 older adults have some level of disability and will require care
- Multigenerational households are on the rise



Universal Design is Accessible

No threshold or steps at entrance makes it accessible for residents AND visitors



Accessible Features



- Entry Door- 36" min. width
- Hallway widths of 42" min
- Interior doors of 32" clear, best is 36"

Universal Design is Adaptable

Serves a wide range of users whose needs change over time.



Adaptable Kitchen Options



◀ Pull out shelves with storage baskets



Plate storage in drawer ▶

Adaptable Examples in Kitchens

Low Microwaves ►



◄ Pull down shelves
Raised dishwasher

Adaptable Examples in Kitchens

Pull out waste and recycle bins

Fold down work surface at end of island



Adaptable Examples Throughout the House

- Replace round doorknobs with lever handles
OR knob adaptors over round doorknobs ►



◀ Rocker light switches
at waist level



Outlets 18" from floor

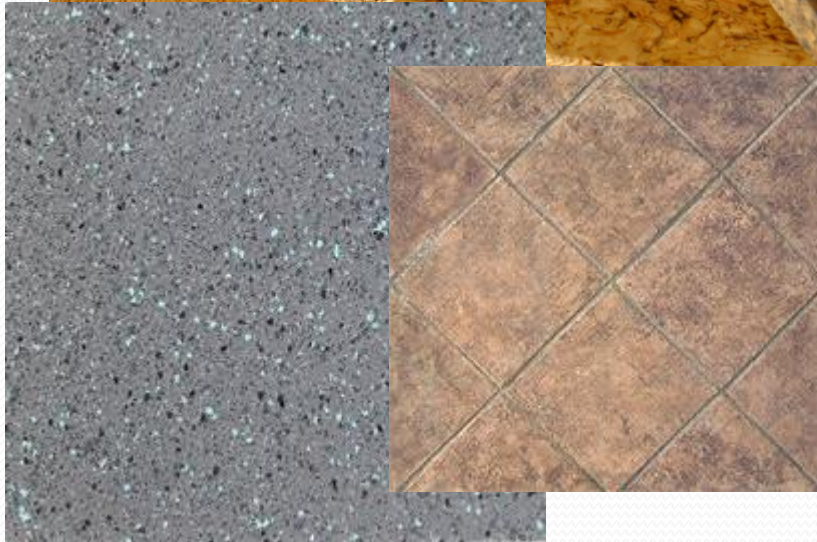
Adaptable Options are good for all



- Kitchen pantry with wide door and reachable shelves
- Raised washer & dryer on first floor near bedroom & bath
- Controls that are easy to reach and operate
- Work surface nearby

UD is Safe and Secure

Slip resistant & even flooring
NO SCATTER RUGS!



Safe and Secure

Enlarged chair rail (back wall)
provides support & safety ►



◄ Safe: Front controls on Range

Safe And Secure

- Increased Lighting
- Nightlights
- Security system

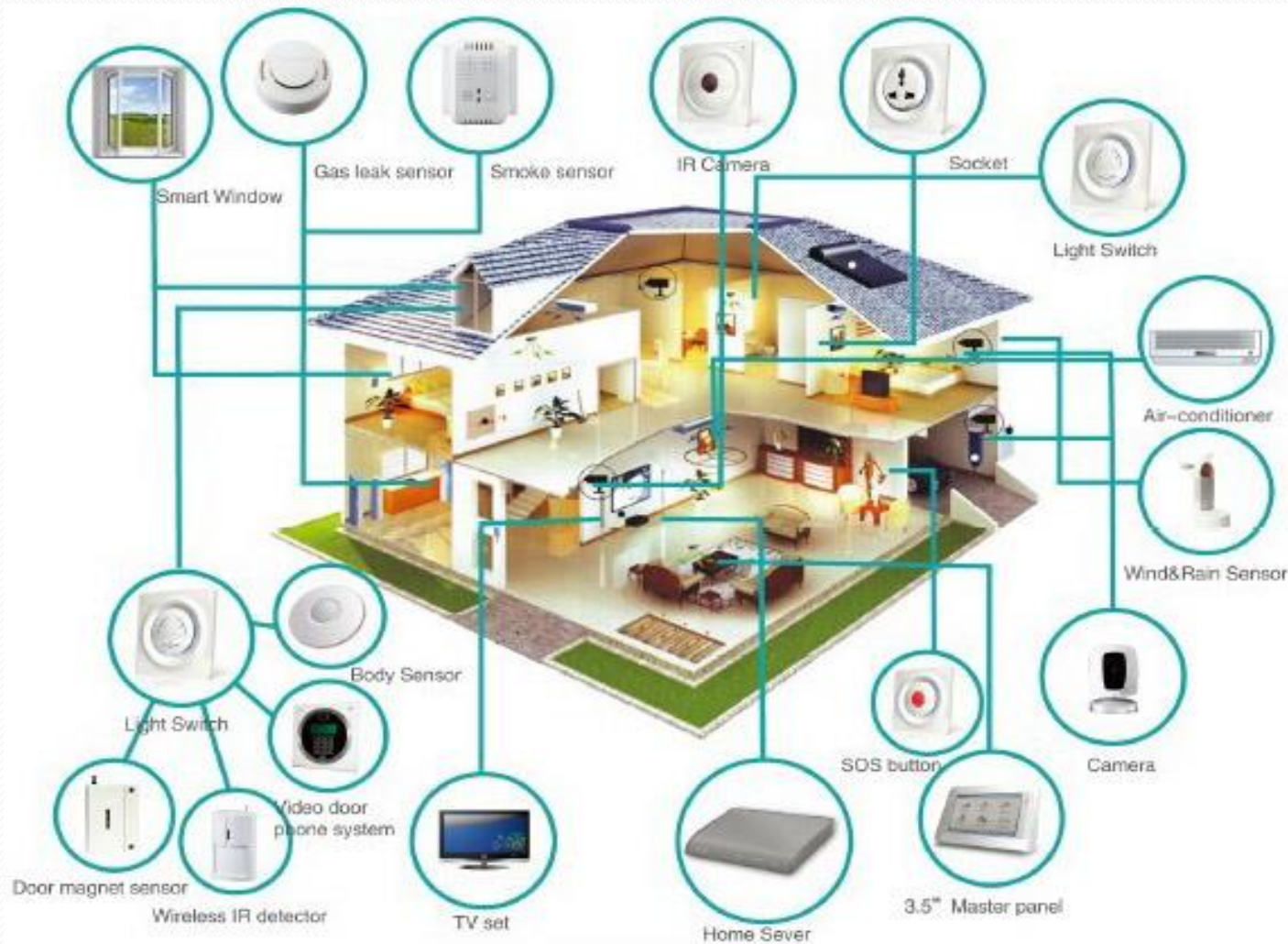


Safe and Secure

- Rubber bathmat or non-slip strips
- Install grab bars by the toilet and tub
- Install hand-held shower
- Tub Transfer Bench

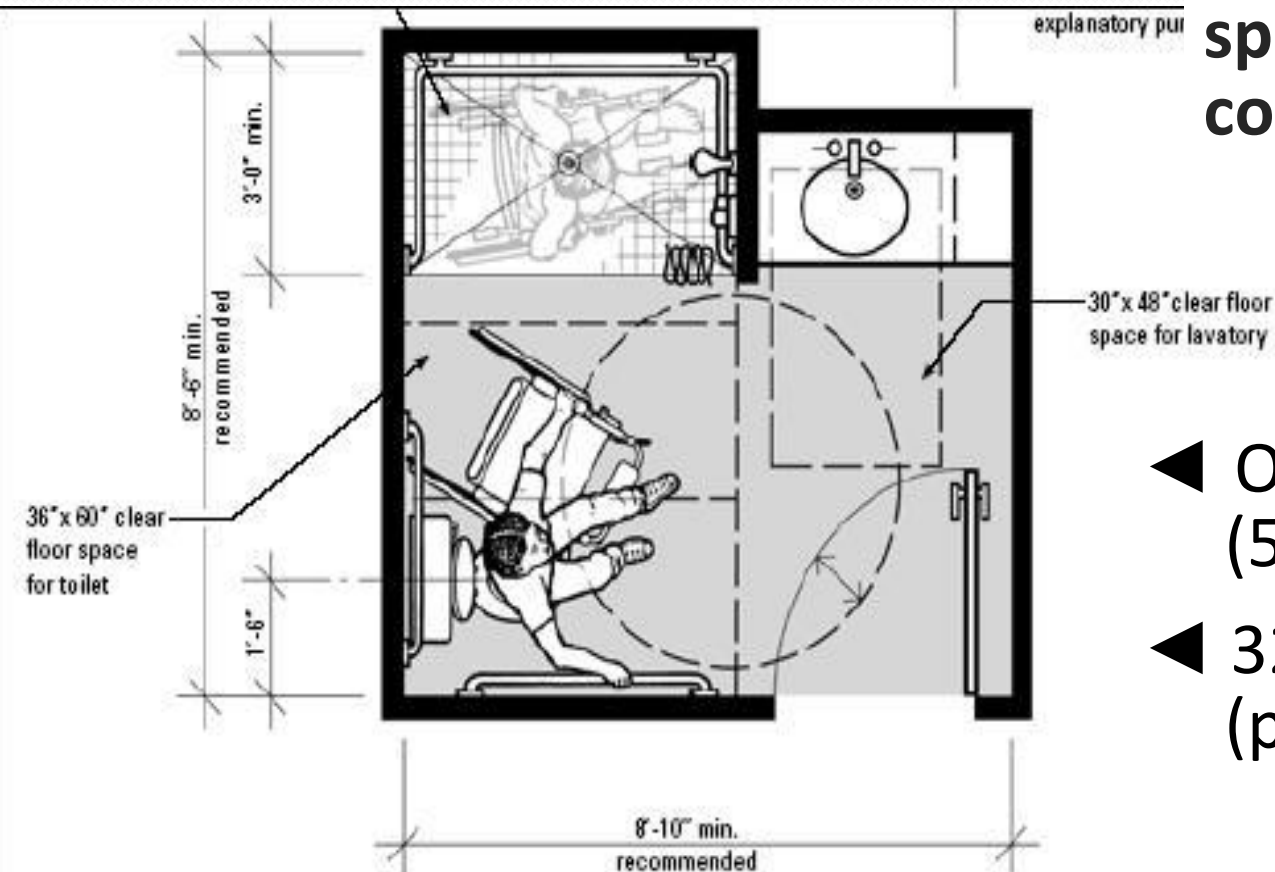


Safe And Secure Smart Home Technology



Universal Design Is Visit-able

ALL Visitors (and residents) can access spaces and be comfortable using



- ◀ Open floor space (5-foot turning circle)
- ◀ 32" min doorways (preferably 36")

Bathrooms: Usable By All

- Easy to use one handle lever faucets
- Non-slip, continuous flooring
- Raised toilet
- Large low & adjustable mirrors
- Removable front panel for wheelchair access if needed.
- Provide a minimum of a ½ Accessible Bath on first floor



Bathrooms: Usable By All and STYLISH!!

Grab bars: multifunction as holders for towels & toilet paper.
Toilet paper dispenser is easy to change.



STEPS & STAIRWAYS

Solutions for Universal Access





Sarasota County

Universal Design & Visitability Program

- The UDC collaborated with Sarasota County Government to develop a proclamation on December 8, 2015
- Provides a voluntary, certification-based Universal Design and Visitability Program for all newly constructed or remodeled housing
- Incentives include fast track permitting(permits), marketing incentives and awards.

Universal Design Coalition

Visitability and Universal Design Medallions





Universal Design Recap

“The design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.”

The Center for Universal Design at North Carolina State University. May 2022

Aging in Place Services for Individual And Multi-Family Dwellings

Irene Nobles
Allegiant Health Advisors
Cornerstone LifeCare

Supporting Aging in Place

In addition to establishing the right **Aging in Place Living Environment** there are many other needs and considerations to support the individual's lifestyle.

For those who are determined to **Stay-At-Home**, integrating Universal Design concepts into their environment helps foster independence and helps us achieve the goal of living as independently – in our preferred environment – for as long as possible.

Stay-At-Home Trends

- Prior to COVID nearly 80% to 85% wished to stay living in their current environment – Whether or not it is the right decision
- Due to COVID many individuals had need of or were introduced to in-home services along with the evolution of Zoom, telehealth, etc.
- Guidelines, Regulations, Laws, and policies became more flexible relative to the ability to provide in-home services
- Individuals and organizations began to increase emphasis or even change business models to accommodate the new demand
- It is likely that these changes will become a way of life for many and even increase in impact
- Growth is expected in services that will include convenient in-home “Preventative” Health & Wellness as well as addressing other personal needs.

Current Challenges

Awareness, Education, and Planning

- Older adults see the need – but not always the value
- Middle agers see the need and need to see the opportunity
- Younger individuals should be educated to the importance of Universal Design principles and the Supportive Services
- The industry needs to catch up to make the ability to age in place the standard – not just an option – WE NEED TO LEAD THEM

Buy In and Support of Aging in Place Providers

- Builders, Remodelers, and Handymen
- Physicians and Other Health & Wellness Professionals
- Geriatric Care Managers
- Other Personal Services

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Buy In and Support of Aging in Place Providers

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- Health & Wellness Professionals
- Other Personal Services

Some Examples of Aging in Places Services & Resources

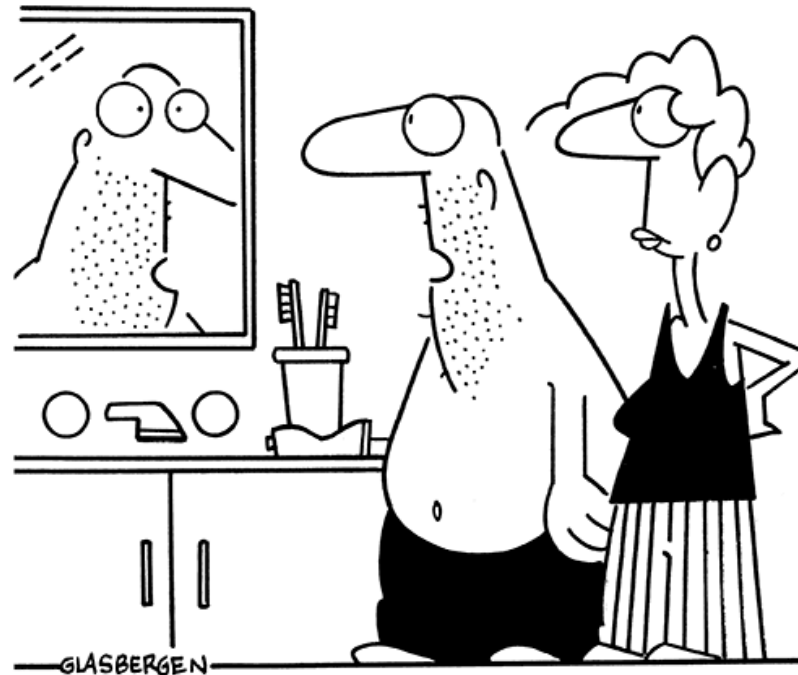
Adult Day Services
Balance Therapy
Brain Health
Computer Services
Elder Care Law
End of Life Planning
Financial Recordkeeping
Financial Services
Funeral and Cremation Services
Hearing Loss
House Cleaning
Insurance
Lifelong Learning
Home Modifications/Remodeling
Equipment Hospice Care

Medical Cannabis
Medical Supplies
Mental Health Services
Mobile Physician
Mobility Equipment
Parkinson's Support
Pet Care
Pharmacy
Physical Fitness
Real Estate
Senior Retirement Communities
Social Security Consulting
Senior Technologies
Transportation

When, Why, and How to Make a Move to a Senior Living Community

Heather Cartright-Tetrault
My Care Finders

How Many of you are Concerned with your Future Circumstances as you Age?



**“Have you noticed that my reflection
is aging a lot faster than I am?”**



Your clients planned for their retirement and did everything they were supposed to do, but did they plan for their own care needs as either themselves or their loved one ages?



Caregiver shortage is among us and only expected to worsen over the next several years...

National shortage of 151,000 caregivers will exist by 2030

**Expected to increase to 355,000 by 2040
Report Sheds New Light on Looming Caregiving
Crisis - Home Health Care News**

**What does this mean for you? Supply vs. Demand
Leverage Community Based Programs**

What Are My Choices?

- **In Home Private Duty Care**
- **Adult Day Care**
- **Independent Living**
- **Assisted Living (ALF)**
 - **Standard License**
 - **Limited Nursing Service (LNS)**
 - **Extended Congregate Care (ECC)**
 - **Limited Mental Health (LMH)**
- **Memory Care (Alzheimer's)**
 - **ALF**
 - **LTC**
- **Skilled Nursing**
 - **Rehab**
 - **Long-Term Care (LTC)**

What is the Difference Among the Different Senior Living Care Communities?

Independent Living – For seniors able to live on their own in an apartment or house, but who want the conveniences of living within a community that provides services and amenities such as housekeeping, social activities, dining, transportation and security.

Assisted Living Facility (ALF) – Apartment style living for people who require assistance with activities of daily living (ADL's) or for adults who cannot or choose not to live independently. ALF's typically cater to an older adult population. Generally offers three meals a day, housekeeping, laundry services, and activity program.

- Standard
- Limited Nursing Services (LNS)
- Extended Congregate Care (ECC)
- Limited Mental Health (LMH)



What is the Difference Among the Different Senior Living Care Communities? (Cont'd)

Memory Care/Alzheimer's Community is focused on supporting residents with the different phases of dementia. They do this by combining activities to stimulate the mind within an environment rich in engagement, and interaction to help with cognitive retention.

Skilled Nursing (SNF) for individuals with a higher acuity such as Hoyer lifts, unable to stand or pivot, wound care.

Aging in Place: Determining What is Important to You

**IL, AL, Memory Care all on the same campus (CCRC) or....
Do you move again when a higher level of care is needed?**

**What is Important When Deciding on a Community?
How to Determine the Best Fit.**

- **Quality of care and health condition**
- **Lifestyle - geographic, social, financial**
- **Cleanliness**
- **Location**
- **Size of facility**
- **Style**
- **Type of room**
- **Activities**
- **Good management**
- **Reputation**
- **Survey History/Inspection Reports**
- **Age in Place**



Why Should I Move Into a Senior Living Community if I am Healthy?

- **You lose the constant, nagging worries-and the expenses of home maintenance (live more, clean less).**
- **Everyday transportation challenges are no longer a concern.**
- **Cooking becomes optional**
- **Your social life will blossom**
- **The transition to AL is easier**
- **Peace of Mind**

You won't give up your independence, you'll actually improve it!



When is it Time to Consider Moving to a Community?

- **Burdensome Chores**
- **Could Your Client Benefit from Help?**
- **Could Your Client Benefit from Companionship?**
- **Health Declining**
- **Safety Issues**
 - **Falls at Home**

Myths

Myth #1: Senior living communities are just for older people who need care.

Sometimes people assume that the terms retirement home and nursing home are interchangeable. That's simply not true. Very often, people don't move to a senior living community because they need care. Instead, they've decided that staying in their current home has become a hassle, and they want to free up time to pursue leisure activities, personal interests, and new friendships. In other words, they're choosing a better lifestyle. And yes, they can get help with personal care in a senior living community if they need it. But they certainly don't require the around-the-clock attention that nursing home residents do.

Myth #2: When you move to a senior living community, you give up your independence.

Some people worry that moving to a senior living community will mean having to live by a set schedule. In fact, residents have a tremendous amount of choice. There's a wide array of outings, activities, dining options, and social opportunities to choose from. Instead of being locked into a daily routine determined by someone else, community members set their own course, trying as many new things and discovering as many new interests as they like.

Myths

Myth #3: There's no privacy.

You can spend as little, or as much time with other people as you'd like each day. You can enjoy the whole day reading in your comfortable private apartment if you wish. And when you feel like socializing, all you have to do is step out your door. You decide how to spend your time and who to spend it with.

Myth #4: I should wait until I need care before considering senior living.

You may be thinking this if you still believe that senior living is for people who need care (see Myth #1). But remember, many people decide to move because they want to free themselves from household chores and more actively pursue leisure activities, personal interests, and new friendships. Moving to a senior living community can mean a better lifestyle.

The other thing to consider is that moving is going to be a lot more difficult for you if you wait until your health deteriorates. At that point, you may find yourself rushed into making a decision about where to live. And sorting through all your belongings may require more physical and emotional energy than you have.

Even if you don't feel like you're ready to move now, it's probably a good idea to at least begin exploring senior living options



Plan Ahead... Do Not Wait Until It's Too Late!

Be Proactive Versus Reactive

Quotes Worth Remembering

"By failing to prepare, you are preparing to fail."

~ Benjamin Franklin

"Always Plan Ahead. It wasn't raining when Noah built the Ark."

~ Richard Cushing

Contact Information

- **Allegiant Health Advisors, Cornerstone LifeCare**
 - Irene Nobles, (941) 587-1851, irene@allegianthealthadvisors.com
www.cornerstonelifecare.com
- **Alderman Oaks, Cornerstone LifeCare**
 - Don Fitts, (941) 809-7298, don.cornerstoneliecare@gmail.com
www.cornerstonelifecare.com, dfitts7@gmail.com, www.aldermanoaks.com
- **My Care Finders**
 - Heather Cartright-Tetrault, (941) 809-3848, heather@mycarefinder.com
www.mycarefinders.com
- **Sarasota County Government – Human Services**
 - Sue Berger, (941) 861-2558, sberger@scgov.net
<https://www.scgov.net/government/health-and-human-services/human-services/policy-coordination/aging-system>
- **Universal Design Coalition**
 - Elena Vizvary, (941) 724-1287, ervizvary@verizon.net
www.easyuniversaldesign.com



Q & A