

Successful Aging For All: Outcomes & Findings in Affordable Housing

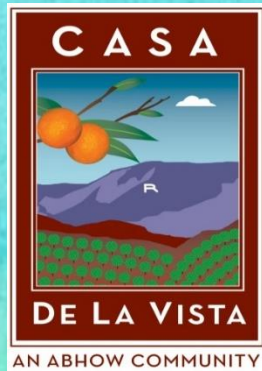


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It Takes a Village of Collaborators!



A Pioneering Study

What was pioneering about this?

It was about residents

taking charge of their aging

Developing, Inventing, Creating &

Participating

Ambassadors of change



The Project

- MacArthur Foundation Funded
- Case/Control study
 - Casa de la Vista, Fern Lodge
 - Beacon's Mt. Rubidoux
- Hire Life Style Coordinator – Linda Stowell
- Two year project
- Mobility Review & Modified Lifestyle Review at baseline & 2 year point
- Follow up groups; data driven decisions



The Intervention

- Fitness Center (NuStep, Keiser)
- Project Activate (Brilliant Aging, Kay Van Norman)
- Dining emphasis (Sodexo)
- Purposeful Programming
- Compassion Campaign/ Compassion in Action
- Gardening
- Computers
- Local trips



Resident Demographic Comparisons Affordable Housing & CCRC

	Casa/Fern (N=107)	Mt. Rubidoux (N=103)	CCRC (N=4,324)
	Mean (SD) or %		
Age (60-99)	77.9 (8.7)	74.2 (9.3)	83.6 (6.7)
Gender (% Female)	81.3	68.9	67.9
Education - Less than H.S. degree (%)	18.9	21.4	1.3
Marital Status (%)			
Married / In Relationship	8.6	2.9	48.9
Widowed	41.0	36.3	42.3
Divorced, Separated, Never Married	50.5	60.8	8.8
Living in Community > 5 years (%)	42.1	41.7	25.5



Resident Health Comparisons Affordable Housing & CCRC

Wave 1 Characteristic	Casa/Fern (N=107)	Mt. Rubidoux (N=103)	CCRC (N=4,324)
	Means		
Times seen by ER physician in past year ^a	1.9	1.7	1.4
Falls in past year ^b	1.9	1.8	1.5
Overall self-rated health (past 4 weeks) ^c	3.9	4.1	4.4
Physical health limitations (past 4 weeks) ^d	2.1	1.7	1.7
Amount of energy (past 4 weeks) ^e	3.0	3.1	3.5
Sleep quality (past 4 weeks) ^f	2.9	3.0	3.2
Aerobic activity (past 4 weeks) ^g	3.9	3.3	3.5
Strengthening activity (past 4 weeks) ^g	2.1	2.3	2.7
Life Satisfaction ^h	4.0	4.0	4.0
Depressed (past 4 weeks) ⁱ	1.7	1.7	1.7
Memory compared to others ^j	3.5	3.5	3.5

^a 1 (not at all) to 4 (3+ times); ^b 1 (0) to 5 (7+); ^c 1 (very poor) to 6 (excellent); ^d 1 (not at all) to 5 (could not do usual social activities); ^e 1 (almost none) to 5 (very much energy); ^f 1 (very bad) to 4 (very good); ^g 1 (not currently participating in activity) to 6 (5-7 times a week); ^h 1 (very dissatisfied) to 5 (very satisfied); ⁱ 1 (not at all) to 5 (extremely); ^j 1 (much worse) to 5 (much better)



Quantitative Outcomes at Casa & Fern: **Stability**

- Overall Aging
 - Successful Aging Score
 - Physical, spiritual, social components of successful aging
- Physical
 - Aerobic activity
 - Strength training
 - Nutrition
- Intellectual
 - Individual intellectual activity
 - Group intellectual activity
 - Memory
- Social
 - Social activity
 - Volunteerism
- Satisfaction with community
 - Overall
 - Apartment building
 - Meals
 - Information provided to residents
 - Influence residents have
- Health / Well-being
 - Self-rated health
 - Life Satisfaction
 - Depression
 - Happiness
 - ER visits



Quantitative Outcomes at Casa and Fern: Improvements & Declines

- **Improvements**

- Intellectual component of successful aging
- Participation in spiritual activities
- Satisfaction with community
 - Transportation
 - Staff availability
 - Staff support
- Fall incidence

- **Decline**

- Functional Health



Qualitative Outcomes at Casa & Fern

- Residents' goals included spiritual growth, independence, volunteerism, increased social connections and more!
- Increased sense of community



Overall Participation Predicting Health: Changes from wave 1 to wave 2

- High participators reported a significant improvement in self-rated health compared to low participators and the control community
- High participators reported a significant decrease in ER trips compared to low participators
- High participators reported a significant increase in energy compared to the control community



Categories of Participation Predicting Health: Changes from wave 1 to wave 2

- Physical Activity participation
 - High participators reported a significant improvement in self-rated health compared to low participators and the control community
 - High participators reported a significant decrease in ER trips compared to low participators
 - High participators reported a significant increase in energy compared to the control community
- Spiritual Activity participation
 - High participators reported a significant improvement in self-rated health compared to the control community
- Intellectual Activity participation
 - High participators reported a significant improvement in self-rated health compared to the control community
 - High participators reported a significant improvement in life satisfaction compared to the control community



Summary of What We've Learned So Far...

- Many things stayed nearly the same, which is **success**
- Some things improved, which is **ground breaking**
- Some things declined, which indicates **more work to be done**



Additional funding from community

Thanks to a grant written by team member Adrian Hernandez, the two communities received a \$5,000 award from the nearby San Manuel Band of Mission Indians, to help pay for the fitness equipment.





CHILI'S IS PROUD TO SUPPORT
**Casa De La Vista
and Fern Lodge**

Let Chili's do the cooking while we support Casa De La Vista and Fern Lodge at the same time. With each flyer presented on Monday Chili's will donate 15% of the event day sales back to this great organization.

The Casa De La Vista and Fern Lodge Give Back Event is:
December 1st, 2014
All Day
only at:
Redlands
10020 Alabama St.
Redlands, CA 92374
909-307-2913 - www.chilis.com

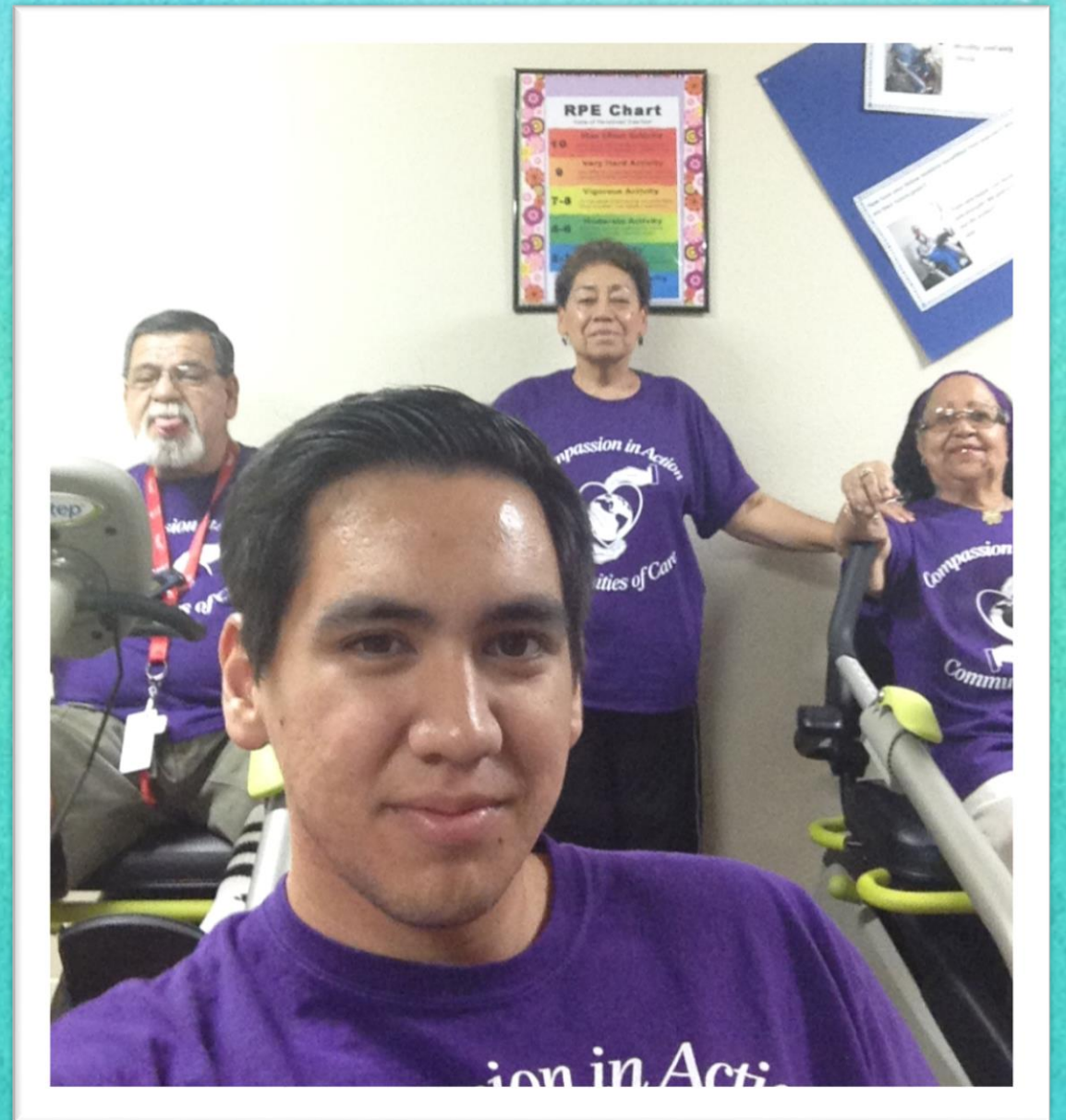
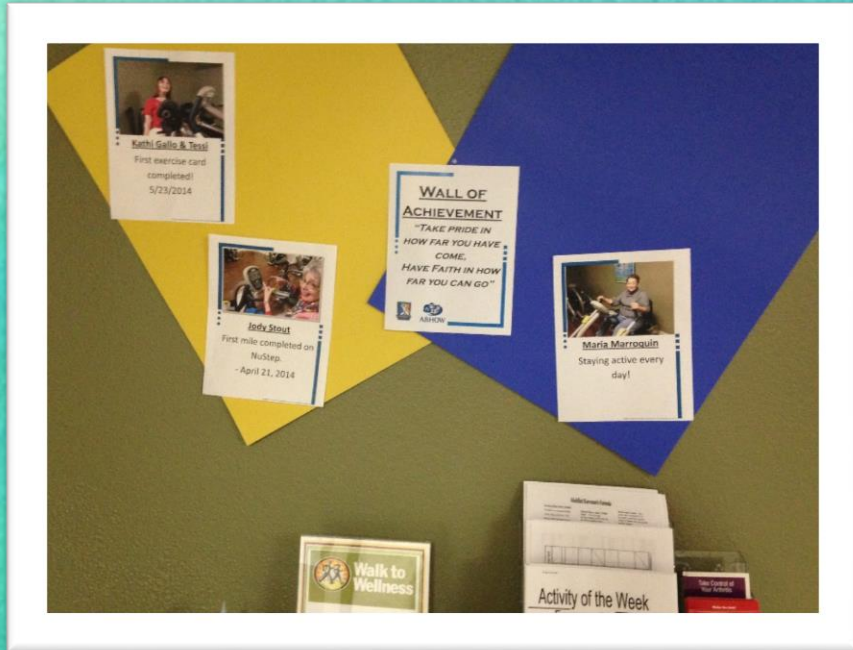
We look forward to seeing you at Chili's!



more GIVING BRCK happens here

Chili's Food Court may be built with the donation credit for the sale. Chili's cannot be held liable for the sale amount of any sale. Flyer only is valid for the amount listed on the above. Flyer is not valid for other items or services. Flyer is not valid for cash.





Hindsight is 20/20

- Areas where things could have been improved
- What would we have done differently?
- More team member training
- Turnover happens
- Customer service & communication



Going Forward





Resident council

Stable, experienced leadership

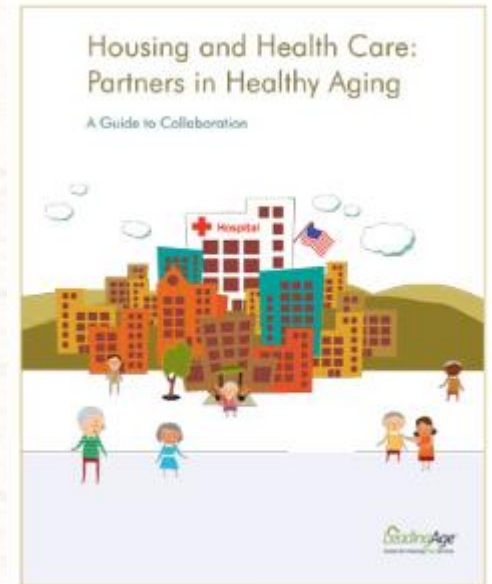
Advisory board members

Supportive service coordinator

Resources

- Leading Age Health & Housing Partnership toolkit
- Go4Life – an NIA activity program
- Grant opportunities
 - Local organizations such as banks, Indian tribes, etc.
 - The Harry & Jeanette Weinberg Foundation, Inc.

www.hjweinbergfoundation.org



Next Steps

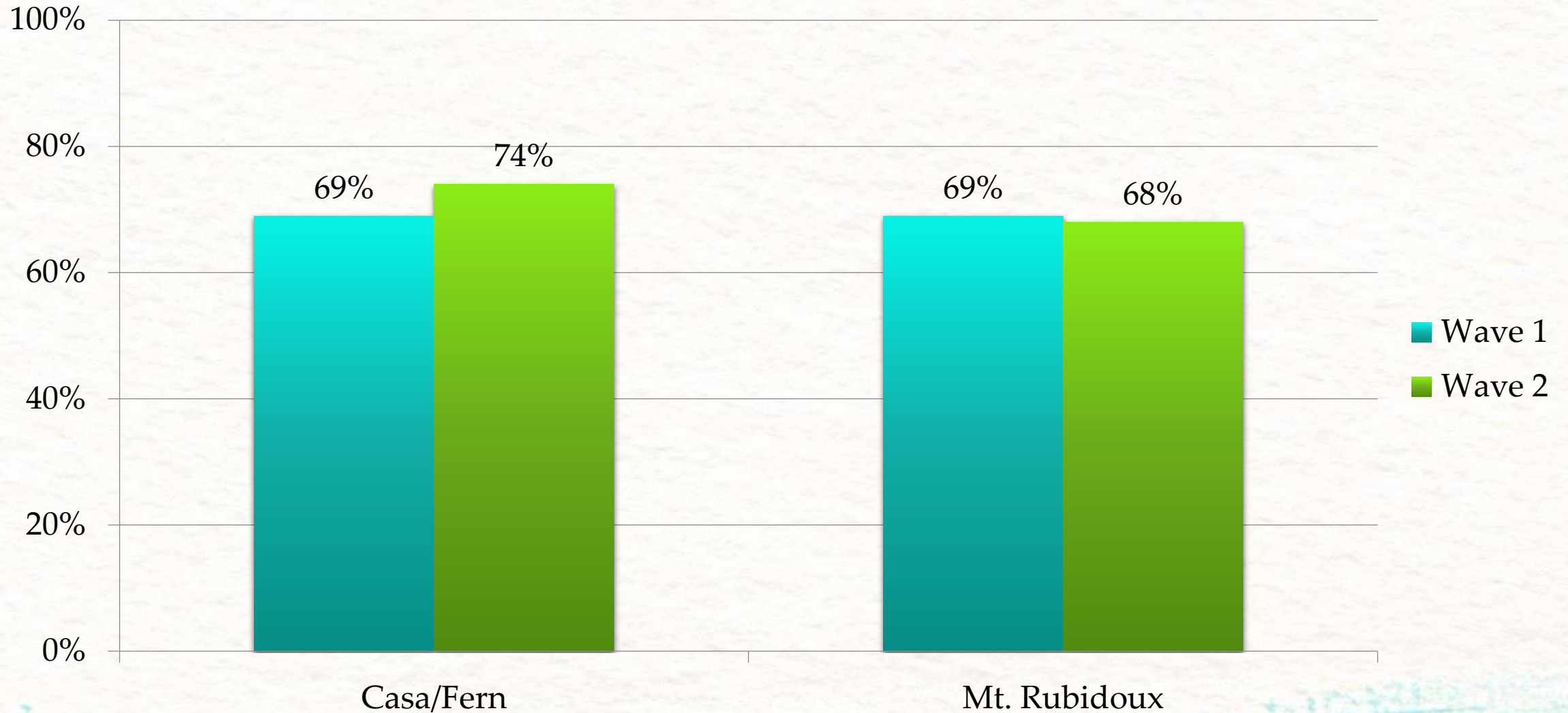
- Reporting to MacArthur Foundation
- Additional Affordable Housing projects
- Leverage vast human capital of residents (no less than that of CCRC residents)
- Leveraging greater community resources & funding





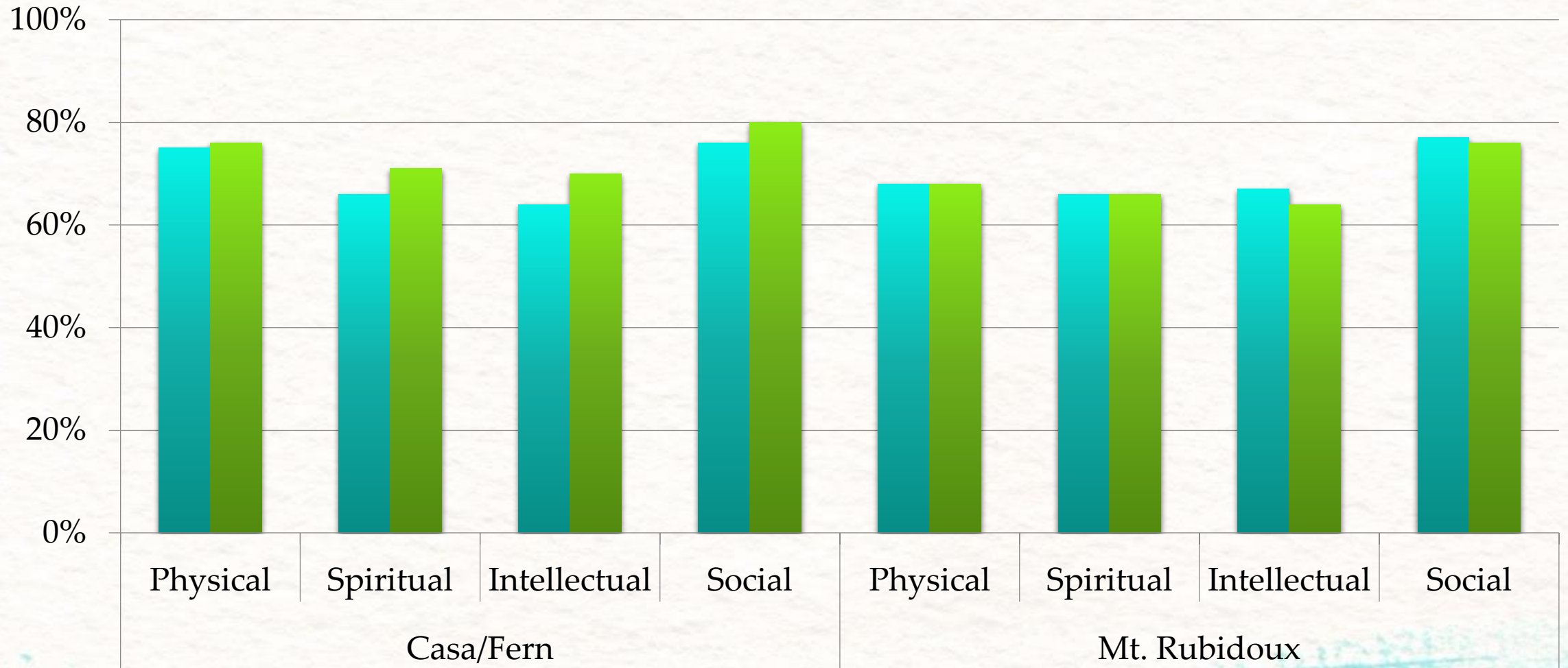
Thank you

Overall Successful Aging Scores

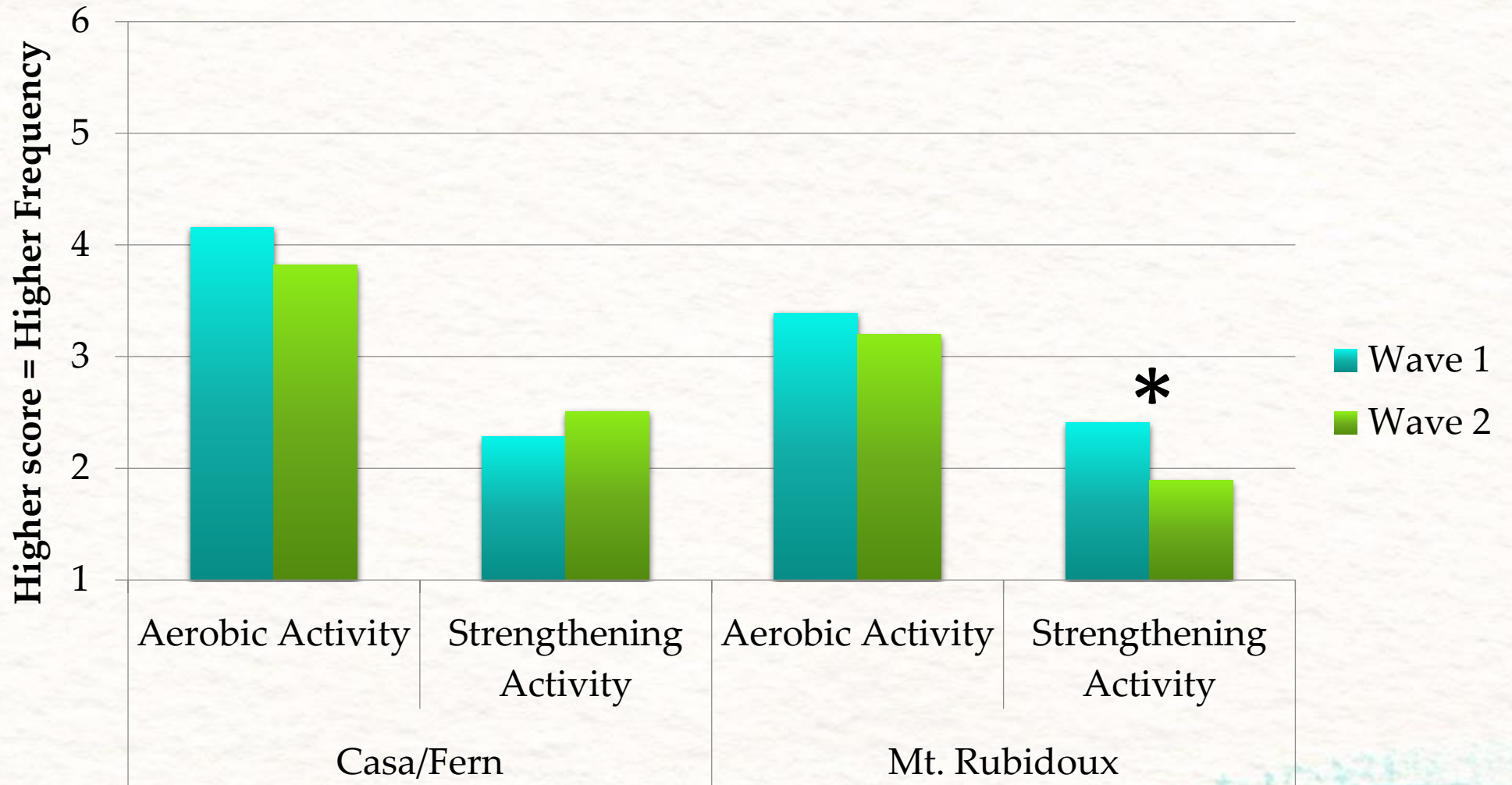


Four Components of Successful Aging

Wave 1 Wave 2



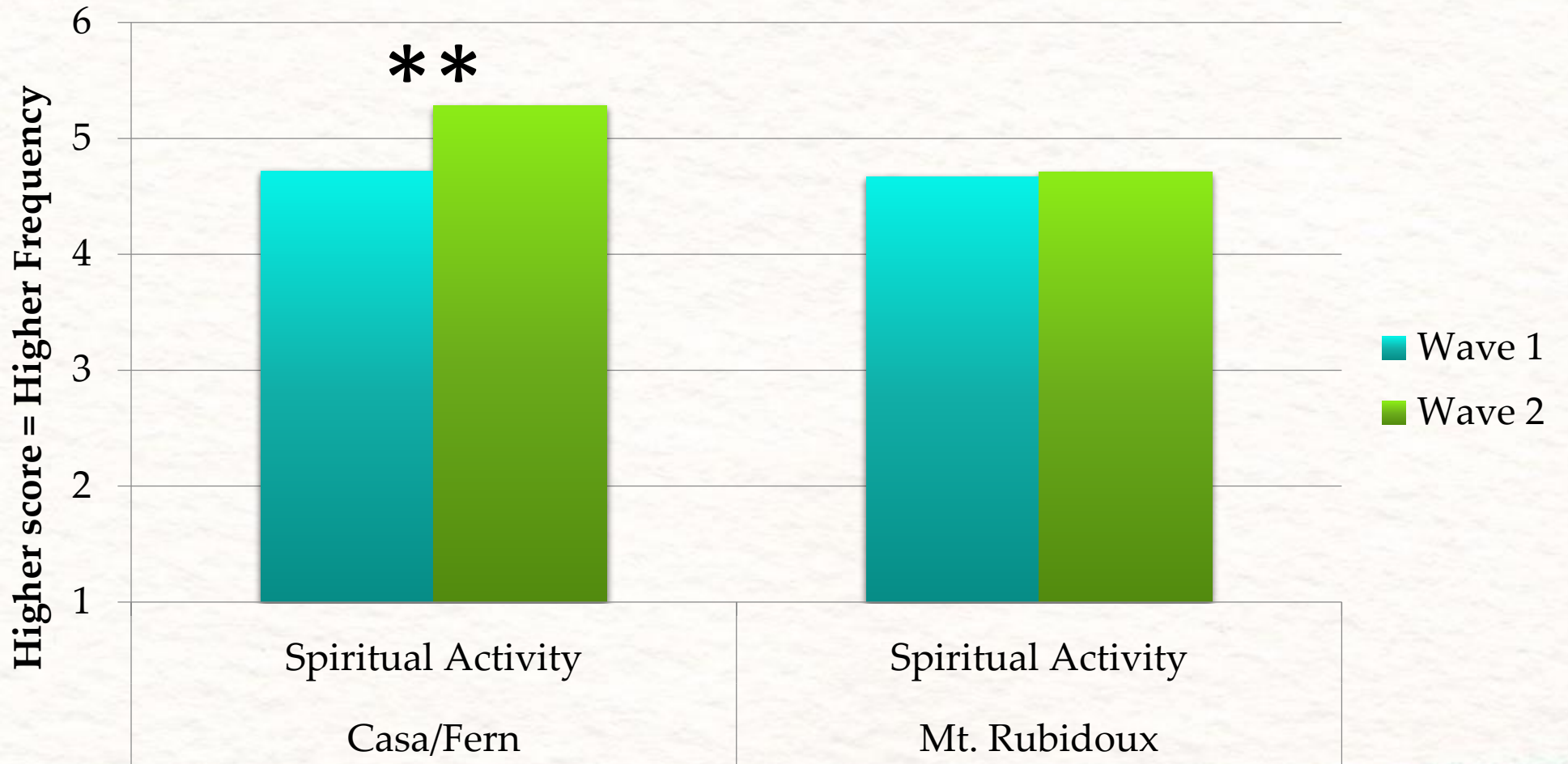
Physical Activity



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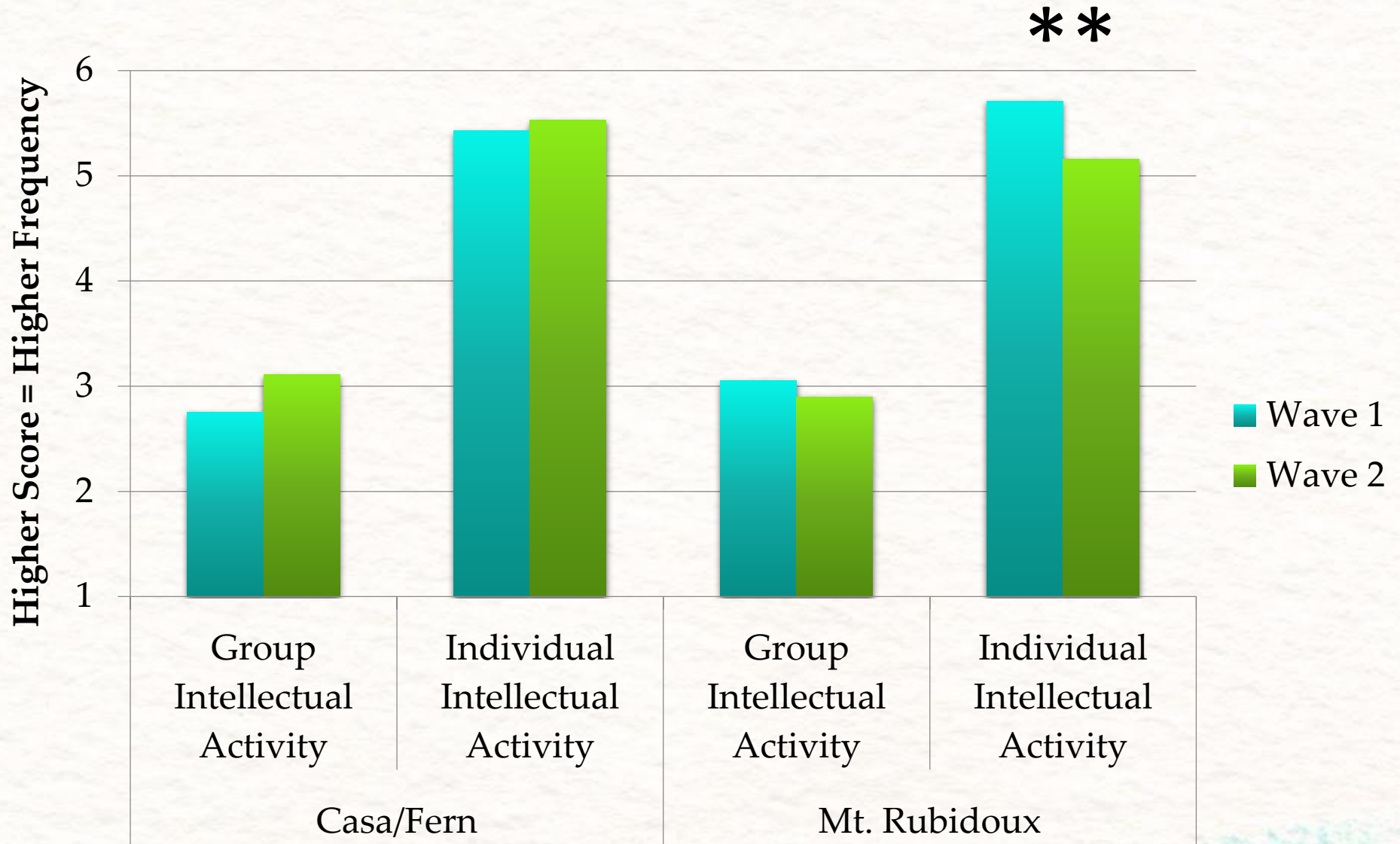
Spiritual Activity



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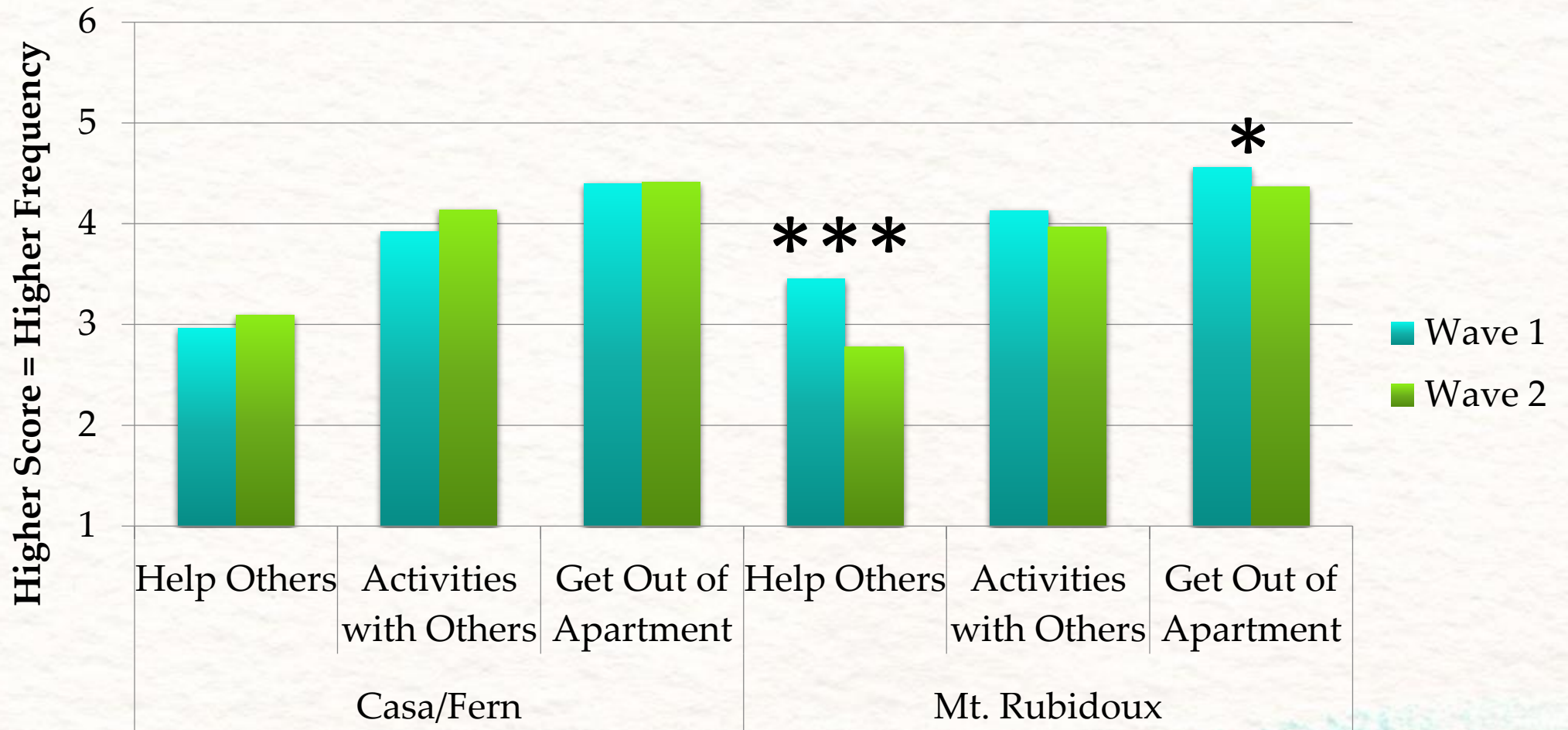
Intellectual Challenge



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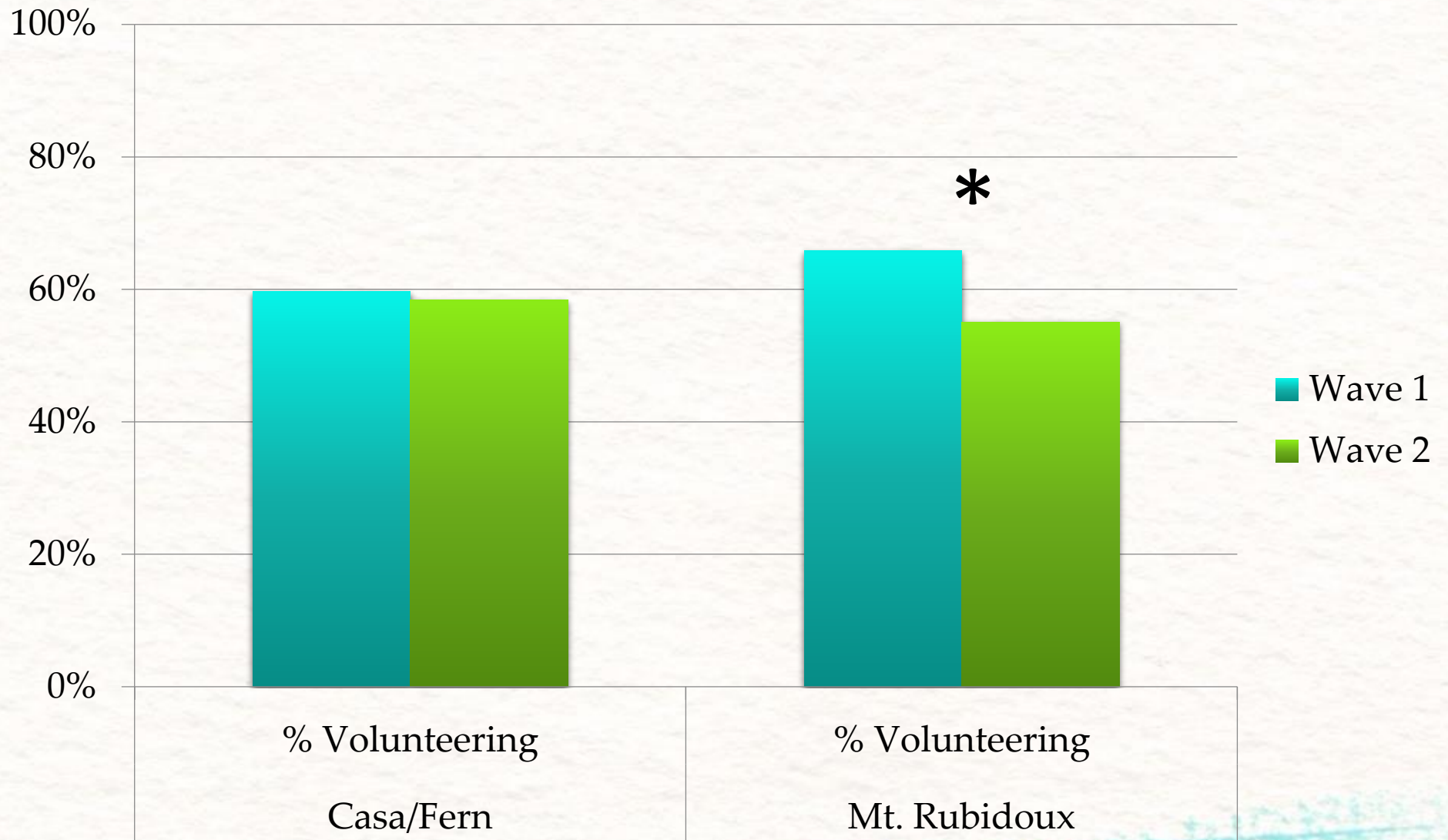
Social Activity



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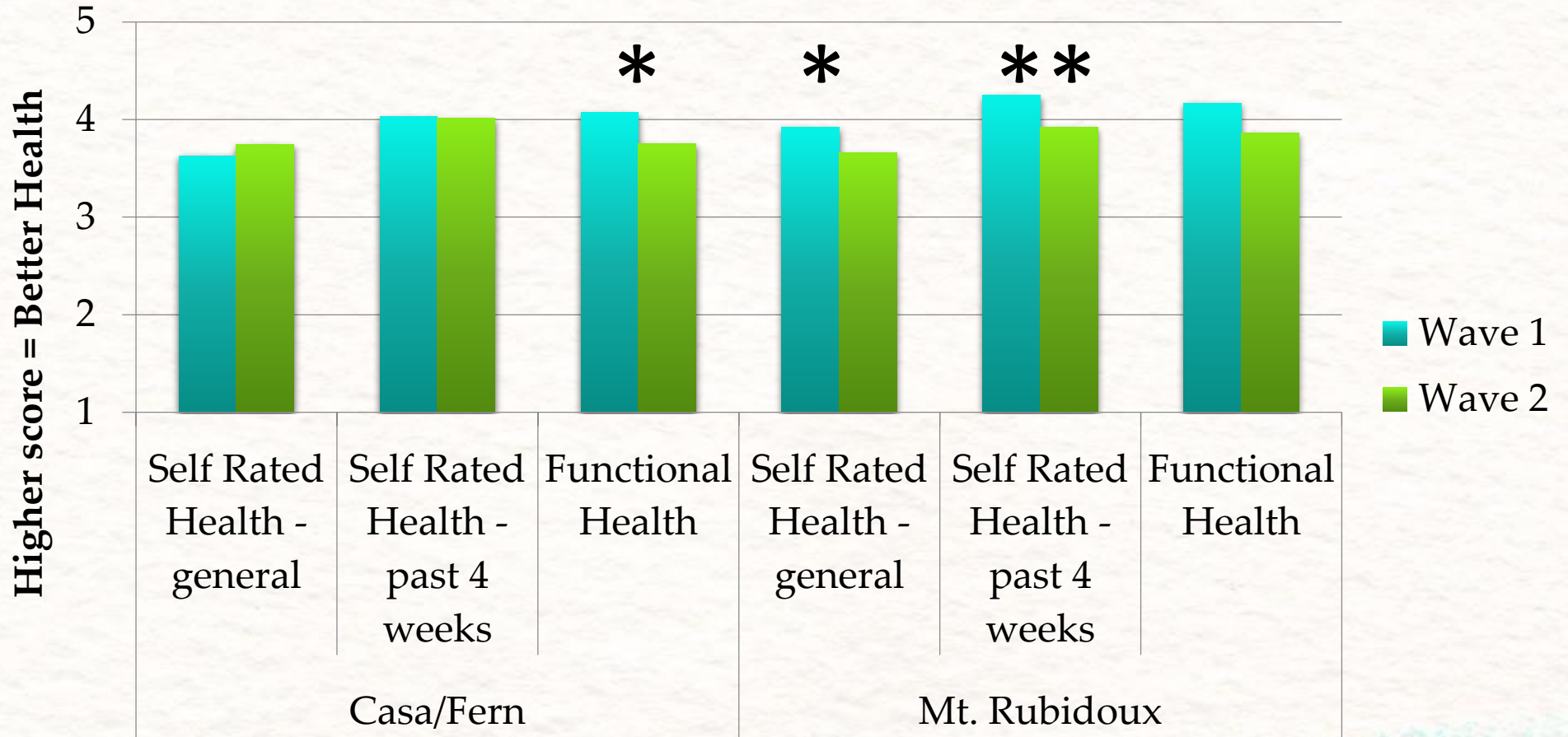
Volunteerism



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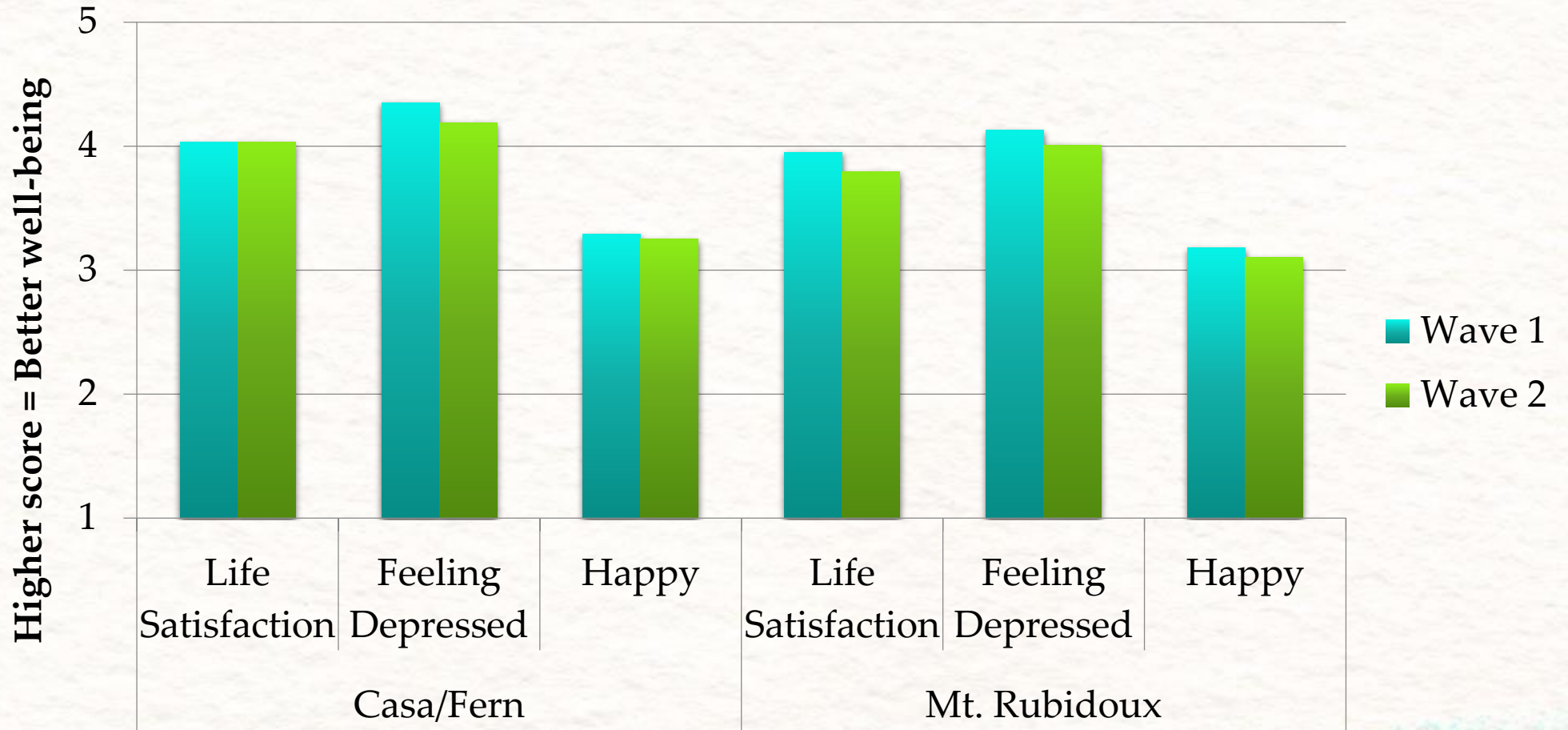
Self-Rated Health



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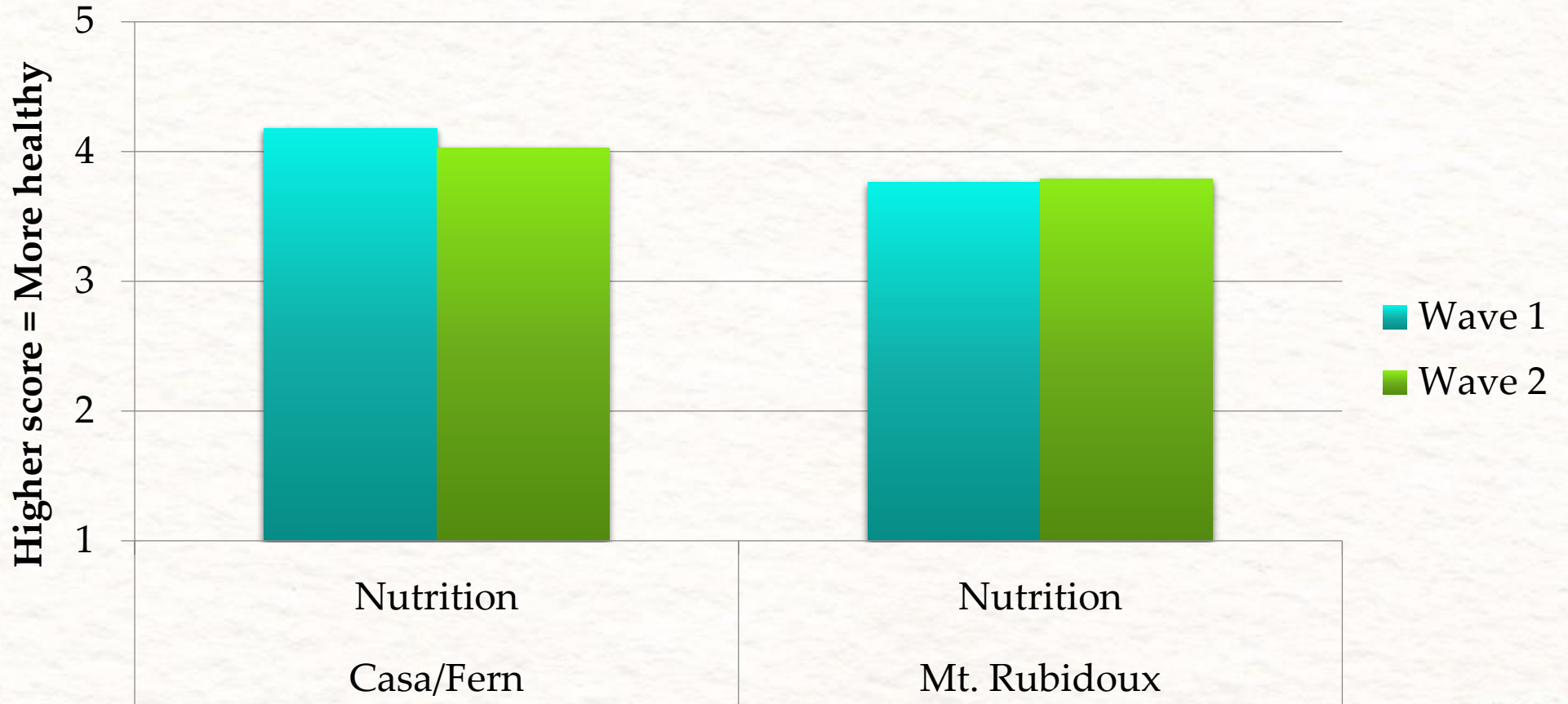
Well-Being



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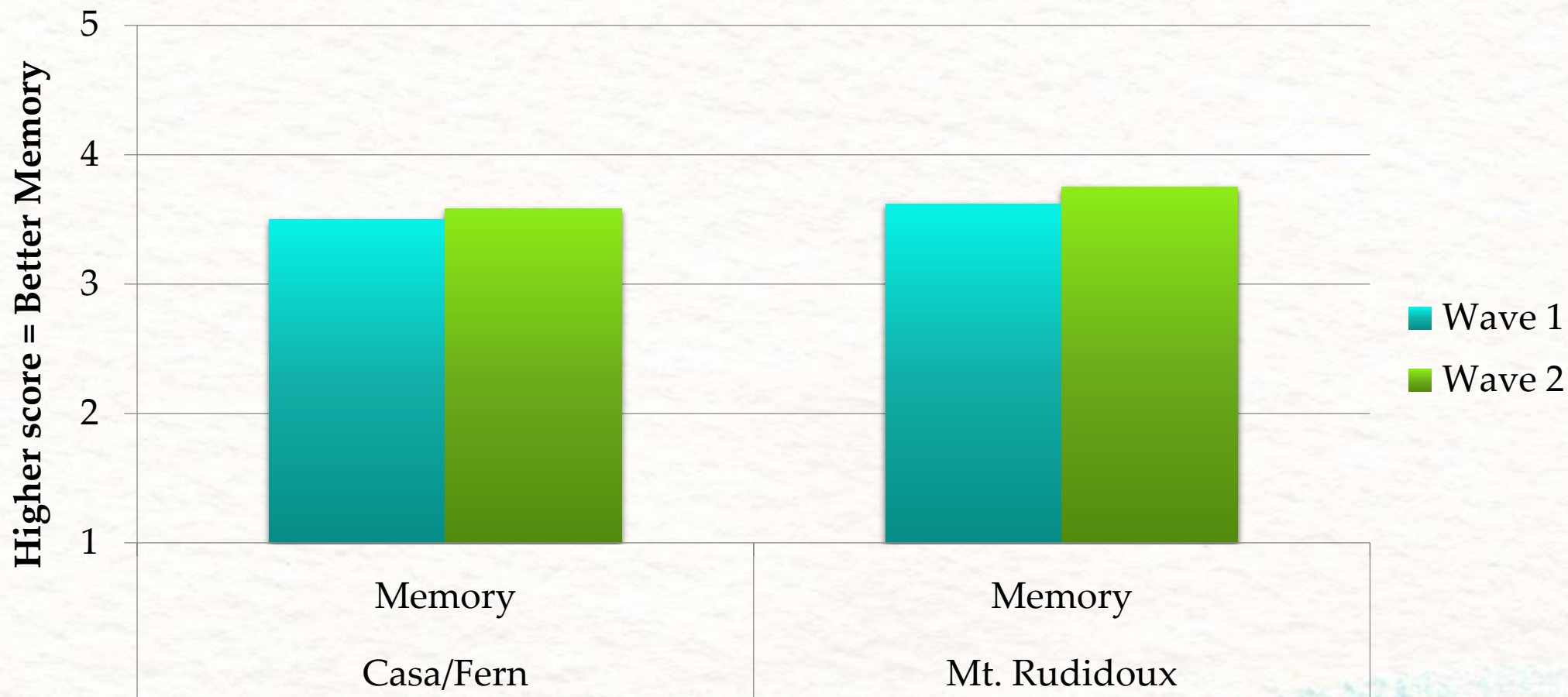
Nutrition



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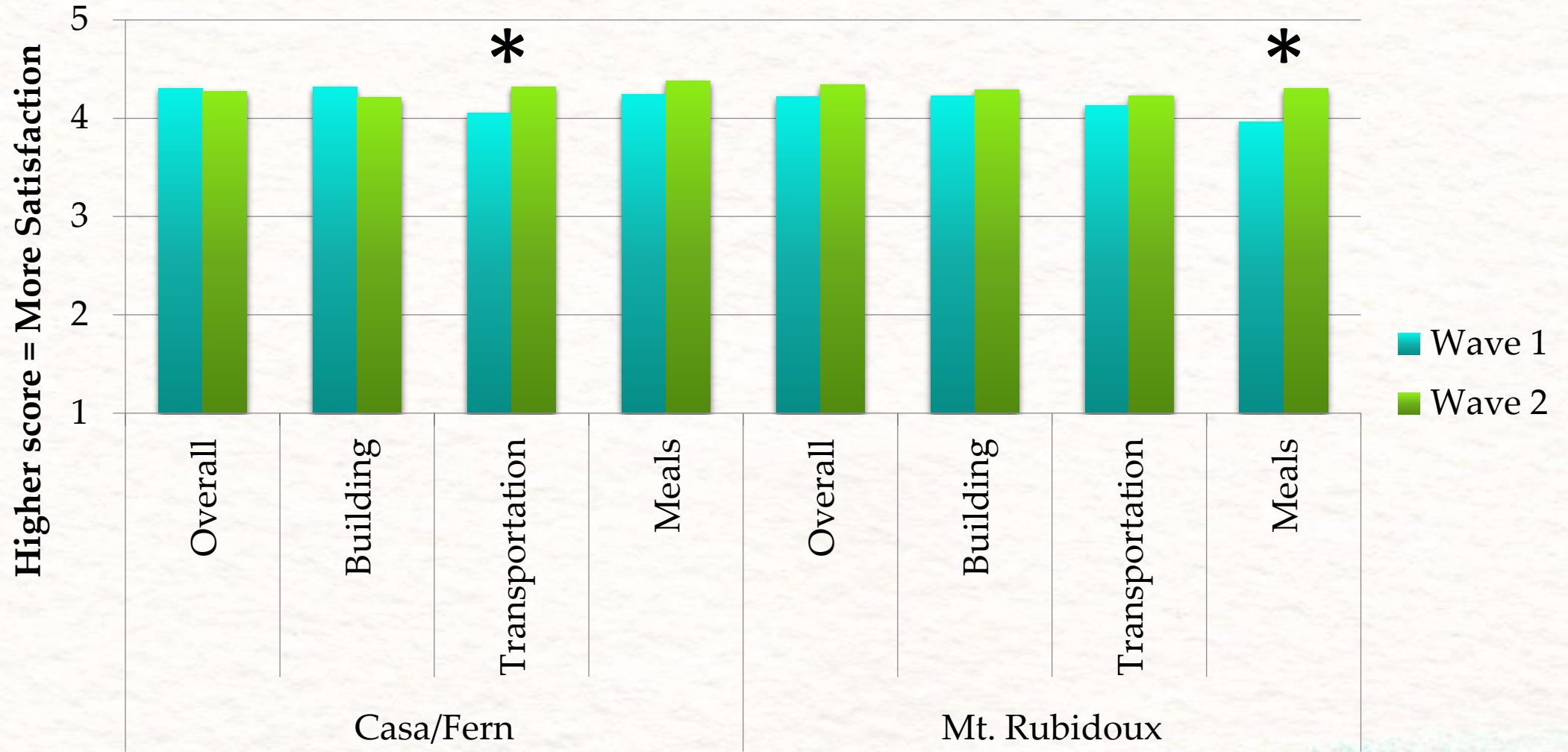
Memory



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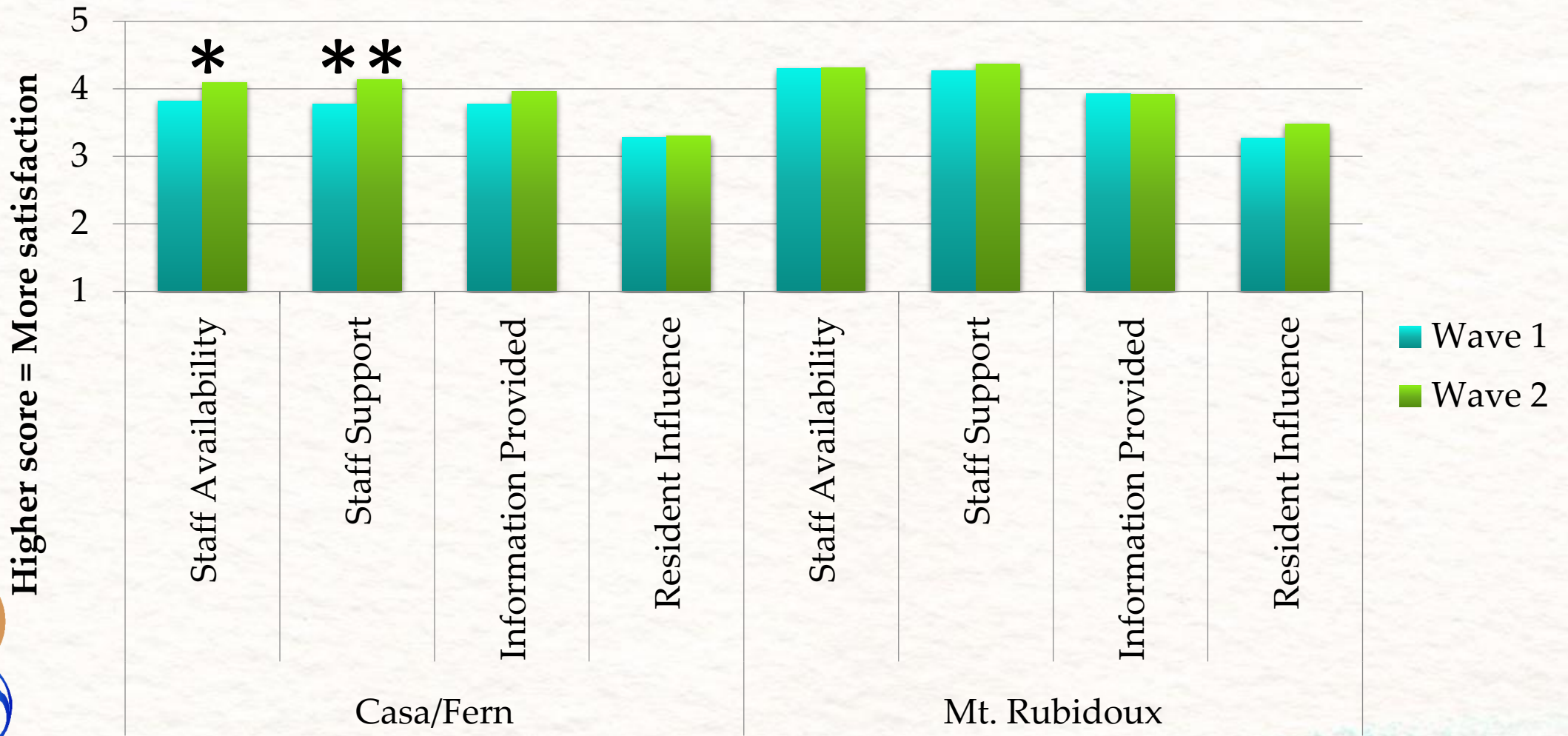
Satisfaction with Community



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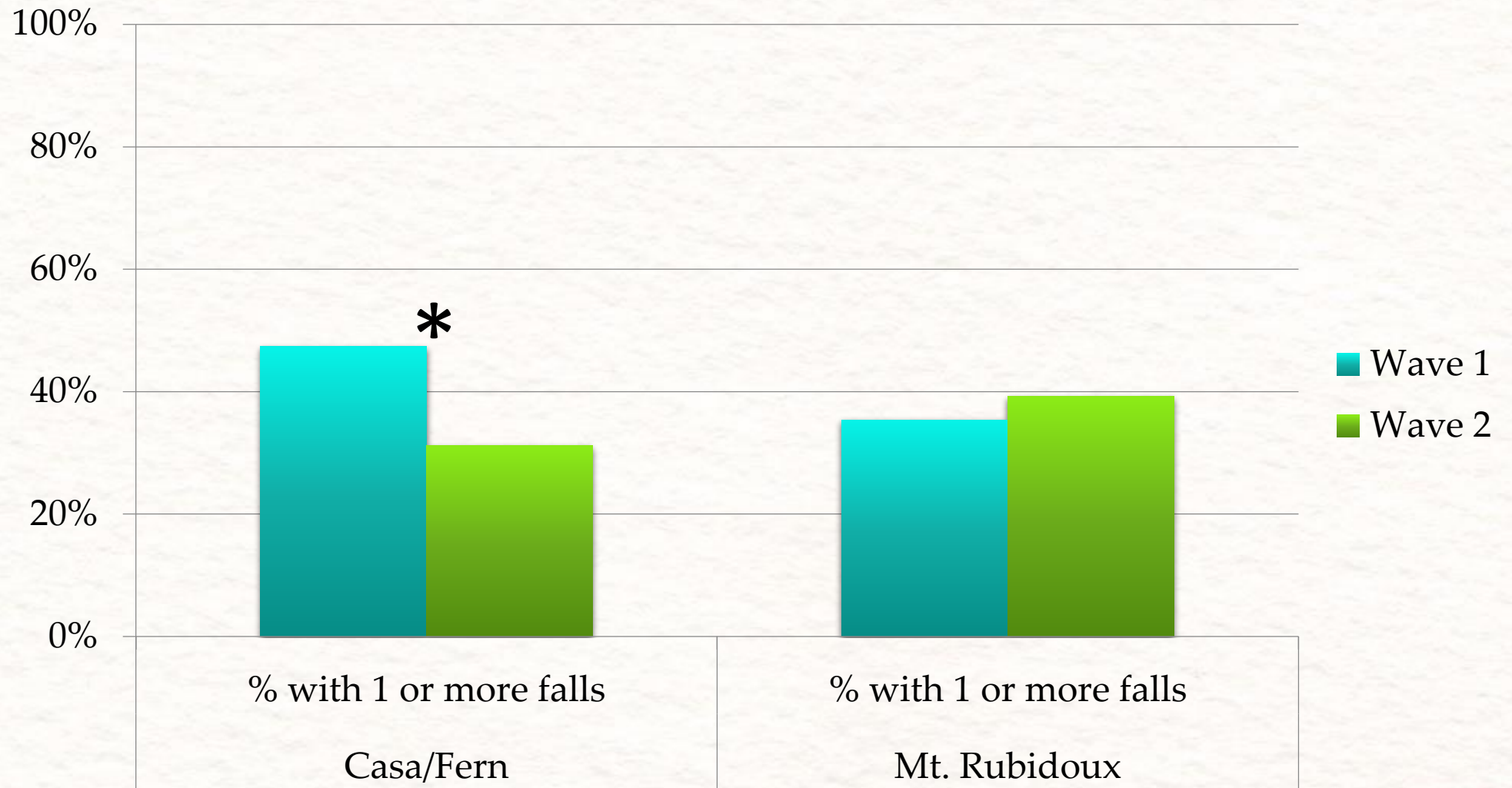
Satisfaction with Community



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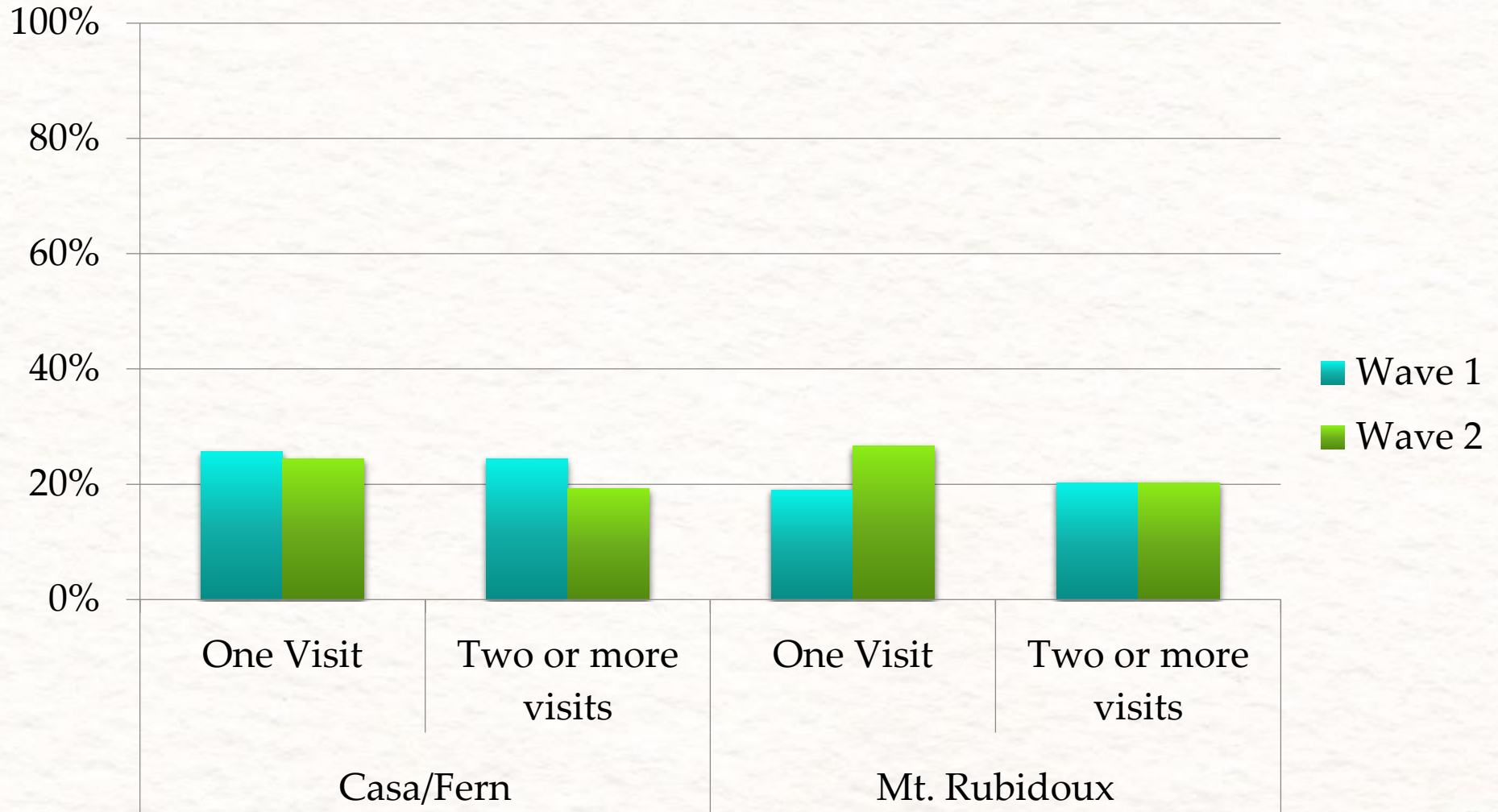
Average Fall Incidence



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ER Visits in the Past Year



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Overall Participation predicting Health: Comparisons with control community

