



Florida Association of
Aging Services Providers

Florida Association of Aging Services Providers e-Newsletter

Volume 56: November/December 2016

Guest Editors: Laura Cantwell, AARP Florida
Jemith Rosa, Community Aging & Retirement Services, Inc. (CARES)

Table of Contents

<i>Presidents Message</i>	1
<i>Epicenters for More Livable Communities</i>	2
<i>From Boomers to Millennials</i>	3
<i>2017 Advocacy Initiative Priorities</i>	5
<i>3-Year Contract with MLD&A</i>	6
<i>Depression and Hearing Loss</i>	7
<i>New Year's Resolutions</i>	8
<i>Social Media Links</i>	9
<i>Past Sponsors</i>	10
<i>Sponsor Spotlight</i>	11

Message from the President

*by Andrea Busada, Broward
County Elderly and Veterans
Services*



Dear FASP Members:

I hope you all come away from this holiday season refreshed and ready to advocate on behalf of the elders we serve. Visiting Legislator's offices and inviting them to our facilities will play a pivotal role in the 2017 Advocacy Initiative partnership with the Florida Council on Aging. Thank you for all you do to support FASP and it's mission.

Sincerely,
Andrea Busada

THIS ISSUE SPONSORED BY:



Epicenters for More Livable Communities

By Jemith Rosa, MPA, CARES President & CEO

Aging is a process that is unique to each individual. To age in place a vast set of resources are needed to address continuous and dynamic issues that surface through a person's lifespan. With no one panacea, a menu of services and programs are critical to adapt to special circumstances of each individual.



The connection to programs and services is vital for creating livable communities for older adults. Enrichment Centers act as an epicenter for resources to facilitate independence and promote a better quality of life while aging. As community gathering places, they offer universal programs to help manage aging issues with health and wellness, socialization and access to information. Nevertheless, just as individuals are unique, so is the community that an Enrichment Center serves. Housing, topography, socio-economic background and cultural practices are some of the influences that can create special set of needs.

Community Aging and Retirement Services, Inc. (CARES) Enrichment Centers in Pasco County Florida offer an "Open Program Platform" to encourage individuals and groups to come together in common purpose and share their expertise with fellow residents and neighborhoods. By inviting the public to be part of their programming, CARES provides the community relevant information that is uniquely germane to their area. Any person or organization can submit workshops, lectures and special engagements to CARES for consideration. Past successes have included CARES "Circle of Caring" collaboration with Gulfside Hospice & Pasco Palliative Care providing extensive resources to the community; the "Suddenly Single Series" which focused on housing, financial and social needs of the newly widowed; and an "Identity Theft Forum" where victim advocates presented information to help people guard against rampant regional fraud.

After twenty years of non-profit senior services administration experience in Marion County Florida, I accepted the lead role as President and CEO of CARES in Pasco County. Although the two areas are less than a hundred miles apart and they share universal needs, they also require some regional solutions. By inviting the public into our programming, we can offer an expert base to resources and information that address unique regional issues. This Open Program Platform is a model that will work across county and state lines and can provide America's communities with solutions to continually create more livable communities for seniors.

From Boomers to Millennials: We Want Age-Friendly

From Boomers to Millennials: We Want Age-Friendly Cities

By Laura Cantwell



Florida

The number of Floridians age 65 and older will reach 7 million by 2040, nearly double what it is today, says the U.S. Census Bureau. This trend, although more extreme in Florida, is similar nationwide.

Not only are Floridians aging, but they are staying in their homes and in their communities.

Roughly 3.3 million Floridians over 50 years of age own their home, with another 3 million currently paying a mortgage, census data show. And a recent [AARP Public Policy Institute study](#) states 90 percent of people over the age of 65 want to stay in their home as long as possible.

So, what do older adults want in their communities? Believe it or not, it's the same thing millennials want. According to the Urban Land Institute, boomers and millennials want similar community amenities:

- 1) Trade shorter commute for a smaller home (72%, 54%)
- 2) Proximity to shops, restaurants, offices (49%, 62%)
- 3) Public and shared transportation options (52%, 55%)
- 4) A mix of job opportunities. (53%, 52%)

Older residents want access to local commerce without having to get into a car. They want walkable sidewalks and active park space where they can exercise and socialize with friends and family. They want to be engaged in community activities and volunteer opportunities.

What is AARP doing? One way that AARP has taken measures ensure communities are even better places and incorporate older Americans as a part of their community fabric is through the World Health Organization's Global Network of Age-friendly Cities, and Communities.

In 2012 AARP became an affiliate of the global network and established the [AARP Network of Age-Friendly Communities](#), which includes tools, resources and data to help states, cities, towns and rural areas to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

To date, 131 communities nationwide have joined the network, with more than 10 Florida communities including, the City of St. Petersburg, which joined in 2016.

The work begins by soliciting input from residents then working with community partners to develop action plans to implementing age-friendly activities, such as [Open Streets](#). Another key component is to collaborate with health service providers, city planners and community non-profits all who have the goal of making their city and even better place to age.

Continued from Page 3

AARP resources. AARP has a stable of free resources for governments, civic organizations and residents to use to measure the wants and needs their communities.

One of the tools we use to help communities, policymakers and residents understand the amenities they'll need as they age, and how they're currently ranked, is the [AARP Livability Index](#).

The index scores communities based on the following seven categories: housing affordability and access; your neighborhood's access to amenities; safe and convenient transportation options; clear air and water environmental reports; health care access, prevention and quality; civic and social engagement; and educational and economical opportunities. The data used in the tool is collected from federal and state agencies, non-profits and think tanks.

Here are some links to the AARP livable communities resources:

[Study: The Livability Economy: People, Places, and Prosperity](#)

[Study: Aging in Place: A State Survey of Livability Policies and Practices](#)

[Webinar: Promoting Aging in Place: Policies and Practices that Work](#)

[Free book: Where We Live: Communities for All Ages](#)

[HomeFit Guide](#)

[AARP Florida's Age-Friendly Communities](#)

[Age-Friendly Foundations](#)

[Livable Community tools](#)

[13 Short Range Livability Projects](#)

[Livability Fact Sheets](#)

[AARP Livable Communities landing page](#)

[AARP Sidewalks & Streets Survey](#)

2017 Advocacy Initiative Priorities



➡ Priority: Provide \$9,983,996 in General Revenue funding to serve 1,287 frail seniors (10% of the 'most at-risk'* seniors) on the Department of Elder Affairs Waiting List for the Community Care/Home Care for the Elderly and Alzheimer's Respite Care Programs

The Facts:

- The number of frail seniors on the waiting list for the Community Care as well as Home Care for the Elderly and Alzheimer's Respite Care Programs is at an ALL TIME HIGH - Over 59,900 seniors are waiting for home care services.
- Most 'at-risk' is defined as 'Assessed Risk Level 4 & 5 and includes frail seniors most at risk of nursing home placement if home care services are not provided. For September 2016, more than 14,200 frail seniors on the waiting list have been screened and are considered at the HIGHEST RISK for nursing home placement.
- The average annual cost of care for a senior enrolled in Community Care for the Elderly is just \$8,046 compared to \$64,770 for nursing home care.
- As reported by the Florida Legislative Office of Economic and Demographic Research:
- Over 56% of Florida's population growth, between now and 2030, will be comprised of seniors aged 60+;
- Florida has almost 1,000,000 seniors age 80+ who are most likely to require long term care assistance;
- The long projected 'Age-Wave' and the demand for long term care services HAS ARRIVED! With over 4.9 million seniors, Florida ranks 1st as the state with the highest number and percentage of seniors aged 65+.

Florida's Community Care for the Elderly (CCE) and Alzheimer's Respite Care (ADI) Programs:

- Average age of seniors served by these programs is between 81 to 83 years old.
- 68% to 71% of seniors enrolled are female and require assistance with 3 to 5 activities of daily living (eating, bathing, dressing, grooming, ambulating, and toileting)
- Provide high risk, functionally impaired, lower-income seniors, who do not qualify for Medicaid, with assistance at home and in the community. These services are not provided by Medicare and include priority service to all, high risk, Adult Protective Services referrals received from the Dept. of Children & Families;
- Provide services to help seniors remain independent in their community such as home delivered meals, personal care, adult day care, medical transportation, homemaker services, and other supportive services;
- Help slow the rate of growth in Medicaid expenditures by providing a minimal amount of help needed by frail seniors to remain at home safely and with dignity;
- Provide critical support, training, respite, and assistance to full-time caregivers.

The Return on Investment to Taxpayers:

- Total annual cost to serve 10% of the most at risk seniors (1,287 consumers) on DOEA Waiting List: \$9,983,996
- Total annual cost to serve these same 1,287 seniors in a nursing home (paid for by Medicaid): \$83,358,990
- Total potential cost-savings - comparing home care costs to nursing home care costs: **\$73,374,994**

FASP Board Unanimously Votes for 3-Year Contract with MLD&A

Thank you!

The FASP Board of Directors has voted unanimously to continue its relationship with Margaret Lynn Duggar & Associates (MLD&A) through a 3-year contract. MLD&A serves as the Management Firm for FASP and staffs the FASP office in Tallahassee, Florida.

"We value you, our client, and your goals.
We pledge our best to achieve your goals and surpass your expectations."
MLD&A Mission Statement



Holiday Scammers

The holiday season may be coming to a close, but fraud issues remain. Here are three tips from AARP:

1. Check the charity: Before donating to a charity, make sure it is registered with the Secretary of State and ask how much of the money goes to the charitable fundraiser and how much goes to the charitable purpose.
2. Surf Safely: Do not use public Wi-Fi to check sensitive financial information, or to make purchases using your credit card.
3. Watch out for deals offered by companies with unfamiliar websites. Look for reviews on Yelp, the Better Business Bureau or even search the retailer's name and "scam" to see if it checks out before giving your payment information.

[Click here](#) for more info on holiday scammers, and [click here](#) for Fraud Watch Network resources.



The gift of hearing
FREE amplified phones
from FTRI

The advertisement features a background image of two hands holding red mugs in front of a warm, glowing fire. A red semi-transparent box contains the text "The gift of hearing FREE amplified phones from FTRI". At the bottom, a green banner contains the FASP logo, the FTRI logo, and the text "Florida Telecommunications Relay, Inc." along with the hashtags #KeepFloridaConnected and #ListenUp.

FASP Florida Association of Aging Services Providers
FTRI Florida Telecommunications Relay, Inc.
#KeepFloridaConnected
#ListenUp

Depression and Hearing Loss



Connecting with others is a basic human need, but the ability to connect is hampered when hearing loss gets in the way. Hearing loss doesn't just hurt the person who has it; relationships between spouses, friends and family all suffer when loving words and everyday conversations are no longer effortless.

Depression and Hearing Loss

Florida Telecommunications Relay, Inc. (FTRI) is Florida's non-profit program to distribute free amplified phones and other assistive telecommunications equipment to permanent Florida residents with certified hearing loss or speech impairments.

If your clients experience frustration using the phone, please let them know about the FTRI program. They can complete an online application at www.ftri.org/free, visit one of FTRI's Regional Distribution offices throughout the state, or call 800-222- 3448 (Voice) or 888-447-5620 (TTY).



#ListenUp
#KeepFloridaConnected

 **Florida
Telecommunications
FTRI Relay, Inc.**

New Year's Resolutions

Last year, the Huffington Post reported on America's most popular New Year's Resolutions for 2016. Do you identify with any of these options? How did you fare? Americans' 2016 New Year's Resolutions: Enjoy life to the fullest (45.7%); Live a healthier lifestyle (41.1%); Lose weight (39.6%); Spend more time with family and friends (33.2%); Save more, spend less (30.1%); Pay down debt (27.5%).

Ashley Feinstein for Forbes says "According to a study done by Gail Matthews at Dominican University, those who wrote down their goals accomplished significantly more than those who did not write down their goals. Who doesn't want to accomplish significantly more?" [Click here](#) to learn four strategies for clear and measurable goals.



Hearing Loss

Hearing loss can be a challenge when one goes from living an active social life, to isolation caused by the inability to communicate effectively. As humans, we crave social connections with our friends and loved ones. Without them, feelings of loneliness set in, affecting our overall health. This is because social interactions are critical for producing serotonin, which is required to maintain mental and emotional well-being. Depression and other health issues such as dementia can arise from a combination of social isolation, emotional turmoil, and sustained insecurity caused by frequently misunderstanding conversations.



According to Florida's Coordinating Council for the Deaf & Hard of Hearing 2011 report to the Governor, Florida is home to more than 3 million people with a hearing loss. Many of those Floridians have family located in other states. Typically, phone calls are the norm for families to stay in touch, but for those with hearing loss, phone calls can be disappointing and frustrating. Fortunately, Florida residents with hearing loss can receive a free amplified telephone designed especially for them. Made possible by the passage of Florida's Telecommunication Access System Act of 1991, the current 11 cent monthly surcharge imposed on all landline services pays for the phones, available at no charge to qualified Florida residents. Administered by Florida Telecommunications Relay, Inc. (FTRI), the program offers a variety of equipment such as:

- Telephones that amplify incoming sound up to 50dB
- Signaling devices that allow you to 'see' the phone ring
- Captioned telephones that turn voice into text, with amplification

To qualify for an amplified telephone applicants must be a permanent Florida resident, age 3 years or older, have phone service, and a certified hearing loss or speech difficulty.

FTRI contracts with 25 non-profit Regional Distribution Centers (RDCs) statewide to serve clients in the community. To locate the nearest RDC, go to www.ftri.org/locations and conduct a zip code search. The RDCs are available for outreach and phone distributions. Should you wish to schedule an outreach event and/or phone distribution to take place at your location, please contact your local RDC. Applications for your interested clients can be requested from the www.ftri.org/free website.

Please ask your clients about the challenges they face related to using the phone. Assistive technology such as amplified phones can have a significant positive impact on their lives, and you can help by referring them to FTRI.

Thank you for your continued support of the FTRI program.

FASP is on Facebook - Are You?



Do you or does your organization have a Facebook or Twitter account?
We would love to “like” “Friend” and/or “follow” you too.

FASP - Florida Association of Aging Services Providers Facebook page

<http://www.facebook.com/home.php?#!/pages/FASP-Florida-Association-of-Aging-Services-Providers/186392068069967>

FASP - Florida Association of Aging Services Providers Twitter

<http://twitter.com/1FASP>



DOEA - Florida Department of Elder Affairs Facebook page

<http://www.facebook.com/pages/Florida-Department-of-Elder-Affairs/128604923878650?sk=wall>

FCOA - Florida Council on Aging Facebook page

<http://www.facebook.com/home.php?#!/pages/Florida-Council-on-Aging/74320166787>

FCOA - Florida Council on Aging Twitter

<http://twitter.com/#!/FCOA1>



Resources

When Harmonicas are the Best Medicine, by Heidi Raschke - [Click Here](#)

[Family Caregivers and Managed Long-Term Services and Supports](#), by Susan C. Reinhard, Wendy Fox-Grage, and Lynn Friss Feinberg (November 2016).

[Disrupting Aging in the Workplace: Profiles in Intergenerational Diversity Leadership](#), by Lori A. Trawinski (November 2016).



March 2017

March 29, 2017: Tallahassee, FL. Senior Day. <http://www.floridaseniorday.org/>

April 2017

April 6-9, 2017: Ashville, NC. Southern Gerontological Society Conference.
<http://southerngerontologicalsociety.org/>

July 2017

July 23-27, 2017: San Francisco, CA. International Association of Gerontology and Geriatrics Conference.
<http://www.iagg.info/>

Past Sponsors



www.seniorresourceassociation.org



www.marionseniorservices.org/

Elder Services of Okaloosa County

Okaloosa County Council on Aging

<http://elder-services.org/>



www.youragingresourcecenter.org/



www.councilonagingmartin.org/



www.agingresources.org/



<http://agingtrue.org/>



www.friendshipcenters.org



Real Possibilities

<http://www.aarp.org>



<http://www.coawfla.org/>



Council on Aging
of St. Lucie, Inc.

<http://www.coasl.com>



Washington County Council on Aging

<http://www.washcocoa.com/>



United
HOMECARE

There's just no place like home.

<http://www.theresidencesuhc.com/>



<http://www.seniorresourcealliance.org/>



<http://www.volencenter.com>



<http://www.goldenyearsnews.com/>



www.newvisioneyecenter.com

SPONSOR SPOTLIGHT



Real Possibilities in

Florida

www.aarp.org/fl



<http://caresfl.org/>



The intent of the FASP Newsletter is to keep you informed about program updates and information relating to aging services providers. If you have any comments about the newsletter, suggestions on ways to improve it and/or items you would like included, please contact FASP by e-mail at moreinfo@fasp.net or by phone at (850) 222-3524.

FASP's Mission: Supporting older adults and the providers that serve them through information, connection, and resources.