

NEWSLTR

A PUBLICATION OF THE FLORIDA DEPARTMENT OF ELDER AFFAIRS

AGE-FRIENDLY LIVABLE COMMUNITIES

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Livable Community Spotlight:

City of Longwood

By Marie Regan, Planner II, Age-Friendly Coordinator, City of Longwood

[The City of Longwood](#) joined AARP and the World Health Organization's network of Age-Friendly Communities in December 2016, and soon began working towards the creation of an Age-Friendly Action Plan to improve the quality of life for its older citizens and the entire community. The City of Longwood is a small city of approximately 16,000 citizens and despite its small size, manages to squeeze in a lot of great work to help older adults within its community.

The City has found that partnership is the way to overcome the challenge of having limited resources compared to larger municipalities. The City's partnerships include the local Police Department, AARP, Florida Department of Health in Seminole County, and Meals on Wheels to name a few. In 2017, the City also partnered with students from Seminole State College for assistance with distributing a survey that would



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Livable Community Spotlight: City of Longwood...continued from page 1

find out more about the needs of older adults and caregivers within the community. The results from this survey helped to form the base of the City's [Age-Friendly Action Plan](#) which was adopted in October 2019.

The City of Longwood is most proud of its collaboration with the Florida Department of Health in Seminole County (FDOHS). "Our collaboration has provided an opportunity to improve the lives of the older adults within the community and we are so happy to continue this relationship in the future," said Marie Regan, a Longwood City Planner and Coordinator of the City's Age-Friendly Initiative.

The collaboration with FDOHS has produced several projects including a community survey, a health aging expo, (a social event with live music, dance lessons, and various vendors offering advice on services and support), and the Healthy Seminole Show, which was produced in collaboration with Seminole County Government TV (SGTV), and featured the topic of Senior Health. The Show highlighted Age-Friendly work undertaken by FDOHS and various other partners within the community.

One of the most recent success stories resulted from a meeting the City coordinated between the Police Department and FDOHS. Both organizations have programs that work with older adults in the community. The Are You Okay (RUOK) Program coordinated by the Police Department sends members of Citizens on Patrol (COPs) to visit elderly members of the community to provide assistance and resources. The Community Integrated Mobile Health Services program (CIMHS),



(Above image: Community Relations Officer Feld with Community Paramedic Fleemin and Longwood senior resident)



coordinated by FDOHS, sends a team of paramedics, nurses, and health advisors out to conduct health visits within the local community.

As a result of this meeting, the Police Department was able to connect the community paramedic team with a very vulnerable senior who had been the victim of a crime in the city. This member of the community is now under the CIMHS team's care and they have been out to conduct several follow-up health visits.

The Longwood Senior resident added: "I have the best people in the world taking care of me, that's for sure. They are my guardian angels. I am so grateful."

When the Police Department's Community Relations officer, Kimberly Feld, heard about the case from a fellow police officer she knew to contact FDOHS regarding this program.

"This partnership is invaluable to us as officers out in the field. We see a need and can now bring in the resources to help! We are grateful to have this opportunity to bridge the gap for the community members in need," Officer Feld stated.

"FDOHS was very happy to receive the referral," John Fleemin, Community Paramedic added, "this is an excellent case and an example of shared value through municipal collaboration."

The City will continue to establish and expand upon partnerships to improve the quality of lives of its older residents with more good news stories to tell in the near future.

Zooming Into 2021

By Kristy Carter, President, Florida Association of Senior Centers

The Tallahassee Senior Center along with many Senior Centers throughout Florida has gone virtual which has allowed participants to stay engaged in programs and activities. If you have had the opportunity to participate in a virtual class you might know what I am referring to – “I can see and hear other people, finally.” Taking that step and leaping into technology while embracing this change has led to the success of Senior Centers around the state during the pandemic. Programs may include flower arranging, art classes to include a variety of mediums, exercise classes, grocery shopping on-line, social hour, and more.

Virtual programs are being offered through a variety of platforms: on demand through the website – TallahasseeSeniorFoundation.org, local tv station – WCOT Channel 13, Facebook – Tallahassee Senior Center, YouTube – Tallahassee Senior Foundation to name a few. By providing a variety of options, participants have the choice to choose what works best for them. Participants have expressed great pleasure in being able to participate in classes at their leisure.

Trained volunteers have been able to provide technology support to assist individuals over the telephone to help with setting up their devices. Additionally, Resource Cards are available [online](#).



Virtual programs may include flower arranging, art classes to include a variety of mediums, exercise classes, grocery shopping on-line, social hour



Let's not forget the individuals that do not have the technological resources in their communities and still rely on the traditional telephone. Senior Centers across the state continue to make wellness checks on participants that provide one-on-one connection. In Hillsborough County, they have conference calls where you can call in and hear your friends – just another way to feel connected.

Check with the Senior Center in your community to see what it is offering to help keep you connected. For more information, contact Kristy Carter by email Kristy.carter@talgov.com or by calling 850-891-4000.

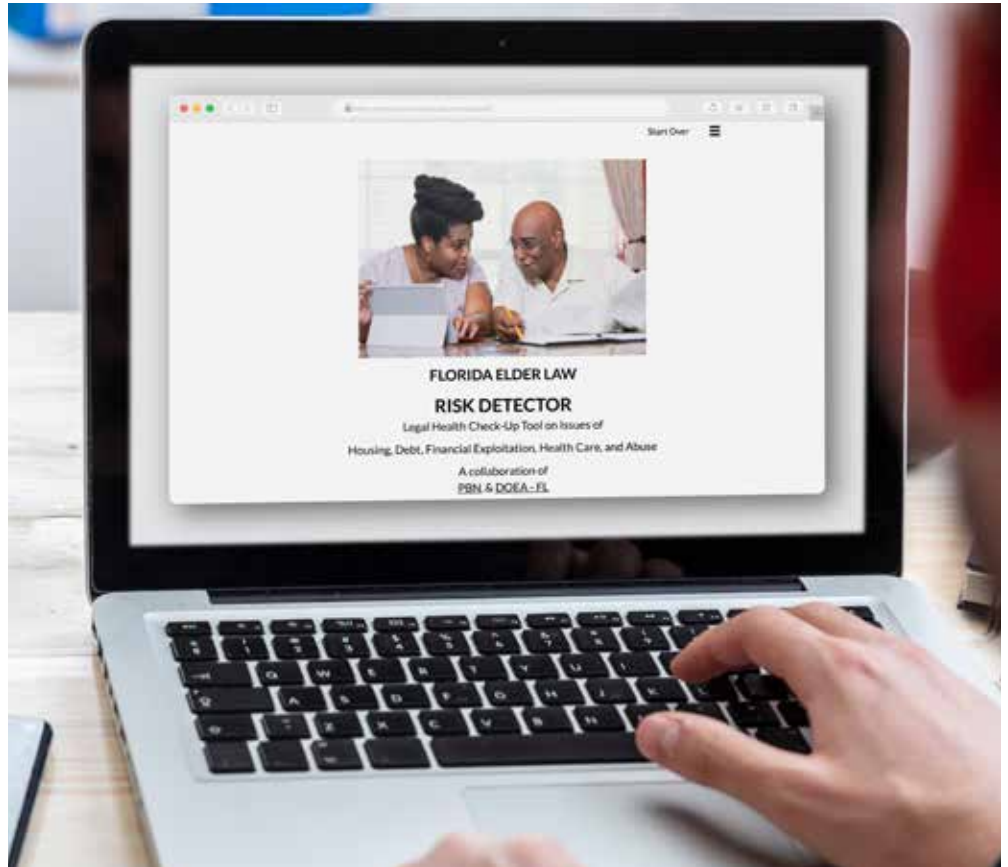
THE FLORIDA ELDER LAW RISK DETECTOR

By Bianca Campisi,
Juris Doctor Candidate 2022 and
Sarah Halsell, Esq.
State Legal Services Developer

Justice should be accessible to everyone. The Florida Department of Elder Affairs is introducing a tool designed to be used by aging service providers to help improve access to civil legal services for Florida's most vulnerable seniors. This tool - the Florida Elder Law Risk Detector - is a comprehensive online evaluation intended to uncover legal issues that seniors may be facing. The Risk Detector covers areas such as housing, debt, health care, financial exploitation, elder abuse, and assists with making meaningful referrals to local legal aid programs throughout the state.

By visiting FloridaElderLaw.org, aging service providers can access the online interview to ask seniors guided questions intended to assist with uncovering known and unknown legal issues that may be impacting them. The Risk Detector can be accessed online via any device with a browser, and no downloads of software or other applications are required. A few important things to keep in mind:

- In order to commence the guided interview, the service provider must get consent from the senior to both conduct the interview and to have the finalized report sent to the local legal services program. If the senior is incapacitated and unable to consent, or if the senior does not consent to one of those requirements, then the Risk Detector should not be used.
- There are both Standard and Express Versions of the app to accommodate any time limitations. The Standard version allows for uploads of key documents or photos that may assist with the referral. The Express version, while not allowing document upload, does provide for a shortened interview that still covers all five screening areas.
- It is important to provide a valid phone number for the senior to be contacted. If the senior feels uncomfortable receiving a call-back from a legal aid program, then the Risk Detector should not be used. If the senior prefers to contact civil legal services on their own, they can call the Florida Senior Legal Helpline: 1-888-895-7873.
- It is important to notify the senior that using the Risk Detector does not form an attorney-client relationship, nor does it guarantee legal services will be provided.



After the guided interview is complete, the generated referral will be sent to the senior's local legal services program. Legal Services will contact the senior, typically within two business days, to screen them for eligibility for their services. If the senior has a time-sensitive concern, such as an impending eviction, then the Risk Detector should not be used, and the senior should contact their local legal services program directly by phone. A directory of all local legal services programs can be found at FloridaElderLaw.org by clicking on the 'Senior' tab.

Visit FloridaElderLaw.org today to use this new tool with the seniors you help and serve!



PROTECT YOURSELF FROM SCAMS IN YOUR COMMUNITY!

By Anne Chansler,
Director of Elder Protection

Scams are rapidly increasing as the flu season continues. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from the flu. Protect yourself!

- **DO NOT GIVE OUT YOUR MEDICARE NUMBER** to anyone other than your doctor, health care provider, or other trusted representative.
- **PROTECT YOUR MEDICARE NUMBER** and treat your Medicare card like a credit card.
- **NEVER** provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- **BE CAUTIOUS** of anyone who comes to your door offering free flu testing, treatment, or supplies.

• **IGNORE ONLINE OFFERS** for vaccinations or tests. If you see ads touting prevention products or cures for the flu, they are most likely a scam.

• **IF YOU SUSPECT MEDICARE FRAUD**, contact the Serving Health Insurance Needs of Elders (SHINE) Program by calling 1-800-963-5337 or visiting floridashine.org and clicking on the 'Contact Us' tab at the top of the page.

For one-on-one counseling, please call 1-800-963-5337 and ask to speak to SHINE.



Make a Difference with AARP Florida!

Learn more about volunteer opportunities with AARP Florida. Give your time, talent, and expertise to make a difference in your community.

Find a volunteer opportunity online that fits your interests. For more information, email flaarp@aarp.org or call 1-866-595-7678.



Safe Bicycling for Life

*By Dan Connaughton, EdD, Professor, University of Florida, College of Health and Human Performance
Director, Florida Traffic and Bicycle Safety Education Program (FTBSEP)*

Riding a bicycle is not only a popular way to exercise but is also a good transportation option for people of all ages. According to a 2017 study by People for Bikes, almost one in three Americans rode a bicycle in the past year. Half of them rode at least every other week. Bicycling can be a fun, healthy, and useful way to get around, as well as an option to driving. Using your bicycle to get around in your community could allow you to increase your level of exercise, reduce stress, and improve overall health, while helping you achieve safe mobility for life.

Safe Bicycling for Life Workshops

The Florida Traffic and Bicycle Safety Education Program (FTBSEP) is a statewide, comprehensive training program, funded by the FDOT Safety Office, which teaches individuals how to be more competent and safer bicyclists. In addition to training individuals (i.e., those interested in getting back into bicycling as well as those who already ride but want to learn how to be safer), the FTBSEP also uses a train-the-trainer model to teach workshop participants (e.g., school teachers, law enforcement, fire rescue/EMS, municipal parks and recreation staff, community professionals, etc.) how to teach bicycle safety education to other adults and seniors. Workshops are



provided at no cost to the host/participants.

Training workshops incorporate both classroom instruction and outside, on-bike skills practice. Classroom topics covered in the workshops include, but are not limited to: the importance of bicycling safety education; hazard identification and avoidance; helmet importance and fitting; bicycle selection, fit and safety check; seeing and being seen; rules of the road/laws, and selecting places to ride. The workshops also include on-bike skills instruction and practice which covers: bicycle fit and safety check, road position, hazard identification and avoidance, scanning, signaling, turning, and navigating intersections. If time and conditions permit, a neighborhood ride is often performed.

Depending on the number of participants, workshops are usually scheduled for approximately four to five hours. A minimum of 10 participants is preferred, however, depending on the facility and number of FTBSEP trainers available, trainings may accommodate up to 20

participants. To schedule a training, all that is needed from a coordinator is a facility and participants committed to attending the training. For the indoor portion of the workshop, a large classroom or meeting space with computer projector and screen is needed. For the outdoor portion of the workshop, a large, secured area (parking lot, basketball court, etc.) is required. Participants are encouraged to bring their own bicycles and helmets; however, the FTBSEP can provide a limited number if notified prior to the workshop.

If you have any questions regarding scheduling a Safe Bicycling for Life Workshop or about the FTBSEP in general, please contact us by dialing 352-294-1682, or via email at safety@hfp.ufl.edu, or on the web at hfp.ufl.edu/safety.

Additional Resources:

Alert Today Florida:
www.alerttodayflorida.com

Florida's Safe Mobility for Life:
www.safemobilityfl.com



*Testimony from a Crossing Guard:
"Being a School Crossing Guard is great because we make a difference."*

Florida School Crossing Guards

By Dana Crosby, Program Administrator, Florida School Crossing Guard Training Program Safety Office, Florida Department of Transportation

Often referred to as the "unsung heroes," of a community, Florida's school crossing guards play a critical role in keeping our students safe on their journeys to and from school. Not only do guards play an essential role in helping children cross streets safely, but they also promote safe driver and pedestrian behaviors at school crossings and reinforce safe crossing practices. Around our great State, many of our guards are older adults. They report that the position is rewarding and enjoy the interaction with the students and the contribution to the community. How many times have we heard our guards announce, "I love my job!"? As many times as

we've heard communities say, "We love our crossing guard!"

It can be an ideal position for older adults, as hours are usually part-time and revolve around the school year, giving one plenty of time to pursue other interests as well. Although pay rate, hours, and possible benefits vary by agency, in Florida these are typically paid positions. Most guard positions fall under your local Police or Sheriffs' Departments, although some are outsourced to private companies as well.

Right now, crossing guard agencies around the state are reporting record numbers of vacancies in their school crossing guard positions. If you are looking for more information or want to apply, locate the nearest local agency's website as oftentimes employment information can be found



there. If hired, you will be trained by that agency as a school crossing guard and join the ranks of these competent safety professionals and unsung heroes.

For more information contact dana.crosby@dot.state.fl.us.



Senior Companion Program

By Tammy Anderson, Senior Companion, RELIEF and AmeriCorps Program Manager

The Senior Companion Program provides socialization and assistance to older adults age 60 and older at risk of institutionalization due to chronic illness, disabilities, or social isolation. Some of these activities include assisting with physician visits, obtaining groceries, visits to parks, and home activities such as board games and puzzles. As a direct result of program services, clients continue to live independently and avoid or delay formal care settings such as adult day care, assisted living facilities, or nursing homes. Respite services are also available to assist the caregiver of frail elders.

To apply for services, call 1-800-96-ELDER (1-800-963-5337) or contact your local [Area Agency on Aging](#).



Respite for Elders Living in Everyday Families

By Tammy Anderson, Senior Companion, RELIEF and AmeriCorps Program Manager

The RELIEF Program is funded by the State of Florida and offers family caregivers providing constant care for a frail elder and those living with Alzheimer's disease and related dementias in-home respite. RELIEF can increase a caregiver's ability to attend to a homebound elder without becoming ill themselves. In-home respite care can increase a caregiver's ability to attend to a homebound elder without becoming

ill themselves. Volunteers ranging from ages 18 and older are carefully screened, trained, and individually matched with clients to ensure personalities, skills, interests, and abilities are a good fit with the participant and their caregivers. Up to four hours of respite services per day with an emphasis on evening and weekend hours are available.

To apply for services, call 1-800-96-ELDER (1-800-963-5337) or contact your local [Area Agency on Aging](#).

AMERICORPS: Legacy Corps for Veterans and Military Families

By Tammy Anderson, Senior Companion, RELIEF and AmeriCorps Program Manager

The [Legacy Corps](#) for Veterans & Military Families Program (AmeriCorps and Arizona State University) is a nationwide community-based caregiver support program by and for veteran and military families. As an AmeriCorps member, you will provide in-home respite to a veteran or military family caregiver. Legacy Corps utilizes highly trained volunteer members to provide a range of caregiver support services including in-home respite care, access to information, linkages to other community support systems,

hospital to home transition services, and other related services. The Department of Elder Affairs partners with Easter Seals South Florida as the provider of services. If you are interested in becoming an AmeriCorps member, please contact Karen Lopez, Director of In-home Services, [Easter Seals South Florida](#) at 1475 N.W. 14th Avenue, Miami, FL 33125 or by calling (305) 325-0470.

To learn more about the Legacy Corps for Veterans and Military Families program and all its partner agencies, please visit legacycorps.asu.edu.



EXPANDING THE DCCI NETWORK

By Laura Copeland, Statewide DCCI Coordinator

DCCI aims to create communities throughout Florida that are sensitive to, supportive, and aware of the needs of individuals affected by and living with dementia. While this initiative is state-directed, it's community-driven, and the real work of DCCI is carried out by volunteer led and run Task Forces, which operate in Dementia-Caring Communities throughout the state. Each DCCI Task Force works autonomously to create welcoming spaces and make their communities more hospitable to those who are impacted by dementia, and no two Dementia-Caring Communities in Florida look alike.

The Florida Department of Elder Affairs is proud to welcome Collier county as its newest DCCI Task Force. This brings the total number of Dementia-Caring Communities in Florida to 15, and the plan is to continue growing this initiative throughout 2021 and beyond.

DCCI Task Forces are in place to respond to the needs of those affected by dementia in their respective communities, and a big part of what they do is provide free dementia sensitivity training and education. Through DCCI, sectors of a community that would benefit from receiving dementia sensitivity training have been broadly identified in a graphic called the training trajectory.

As depicted in the graphic above, the various sectors are: Government & Public Service Agencies; Community,



Caregivers and Family, First Responders, Health Care, and Business. This graphic is two-fold, as we recommend utilizing it to identify members to invite to the table when forming a new DCCI Task Force, thus taking a multi-sector approach to membership. It is important to note that Task Force members volunteer their time, talent, and efforts with DCCI. If you live in a county that does not yet have a DCCI Task Force and are interested in forming one, please adhere to the following steps:

- Notify the DCCI Program Coordinator of your desire to form a DCCI Task Force at DCCI@elderaffairs.org
- Identify a committed group of individuals or a Steering Committee to get the ball rolling
- Hold planning meetings with these individuals and the DCCI Program Coordinator

Training Trajectory

- Identify individuals across all sectors and issue invitations for them to join the full DCCI Task Force
- Solidify a date and time for your first meeting
- Hold your first full meeting, where members will work collectively to develop a community action plan

This year DOEA will collaborate with and support the existing DCCI Task Forces and looks forward to bringing on new communities to join the statewide network.

If you are interested in getting involved with your local DCCI Task Force, or for more information about the initiative, please email DCCI@elderaffairs.org.

Florida State University's REACH Program

*By Nicolette Castagna, MA, MPH,
RMHCI, CDP
Community Engagement Lead,
Department of Geriatrics, Florida State
University College of Medicine*

The Florida State University College of Medicine Department of Geriatrics' federally funded [Resources and Education for Aging, Community, and Health \(REACH\) program](#) is dedicated to improving the quality of care for Florida's older adults. In partnership with national and Florida-based organizations, REACH focuses on training and collaborating with groups that provide care and support mental and social needs of older adults and creating and distributing patient and care partner education and support programs.

The REACH program's five projects focus on inter-professional workforce training, as well as patient and caregiver education. The projects are based on the needs of Florida's older adult population, gaps in geriatric skills within the workforce, and social determinants of health affecting older adult health outcomes. Progress is being made towards its goals of:

- Incorporating geriatric care principles and community linkages to programs into rural primary care practices;
- Training staff on person-centered care approaches for assisted living residents with dementia;
- Improving family care partner mental health through culturally-sensitive outreach education and a 12-week intervention;
- Improving relationships between home care workers and families; and
- Enhancing physician assistant geriatric skills and education

Through REACH funding and support, several programs are available to communities across the state. [The Center for Applied Research in Dementia](#) is hosting virtual trainings for the care community and community members on Montessori methods and issues unique to the pandemic and creating products to help keep persons living with dementia engaged and encourage communication. The REACH program is also offering the Boston University



School of Social Work Center for Aging and Disability Education and Research's online [Behavioral Health in Aging Certificate](#) program to professionals in the Florida Aging Network.

The REACH website aims to empower people with educational resources and raise awareness about available programs and services for support as they age. Using the Age-Friendly Health System [framework](#), information is organized by older adult, care partner, and health professional audiences and is meant to be accessed and shared widely. Visit reach.med.fsu.edu to learn more and share your feedback.

THE CARES ACT has allowed for additional programming to encourage the use of telehealth technologies for older adults. The REACH program's partnership with North Florida Medical Centers is providing resources and adapting clinical care to help older adult patients participate in telehealth. The goal is to educate older adults and future healthcare providers for telehealth readiness through a partnership with the intergenerational College of Medicine Senior Mentor Program. Medical students are paired with older adults and conduct three video conference encounters

that will simulate telehealth interactions and educate seniors on preventive health, self-assessments, and communication skills. In addition, REACH is working with the Tallahassee Senior Center's UPSLIDE program aimed at combating loneliness, isolation, and depression in older adults to support mental health outreach of vulnerable populations. This partnership seeks to extend the UPSLIDE model to other organizations seeking to safely provide social engagement support during a time when many older adults need to stay connected.



AROUND-THE-CLOCK INFORMATION AND SUPPORT

**ALZHEIMER'S ASSOCIATION
24/7 HELPLINE: 800.272.3900**

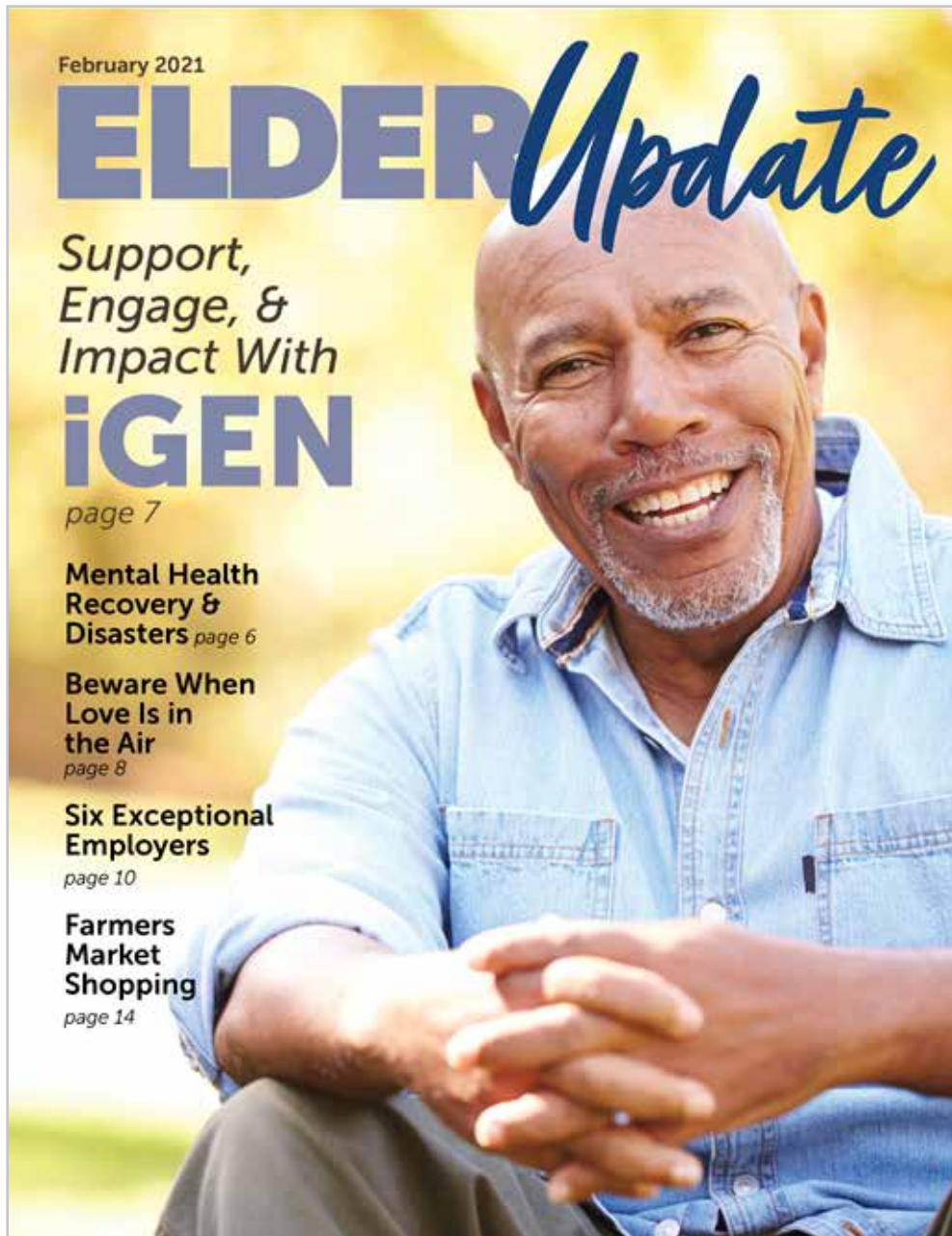
The free Alzheimer's Association® 24/7 Helpline allows people living with Alzheimer's disease or dementia, caregivers, families and the public to:

- » Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- » Learn about the signs of Alzheimer's and other dementias.
- » Get general information about medications and other treatment options, and legal, financial and care decisions.
- » Find out about local programs and services.
- » Receive help in their preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- » Access support through our TTY service (TTY: 866.403.3073) if assistance is required via a teletype device.

This project was supported, in part by grant number 90AC2811-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

alzheimer's  association®

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New Elder Update Issue Available!

The Office of Communications at the Department of Elder Affairs is pleased to announce a new format and schedule for the 2021 *Elder Update*. The first issue of 2021 is available for readers to enjoy in February.

The *Elder Update* is a publication produced by the Department of Elder Affairs. It is distributed complimentary to up to 45,000 Floridians including

seniors, caregivers, policymakers, and elder-care service providers.

To subscribe to the *Elder Update*, fill out the online form at elderaffairs.org/doea/elder_update.php.



Upcoming Events

FEBRUARY

- Black History Month
- National American Heart Month
- Hit and Run Awareness Month
- Walking Month, Safe Mobility for Life
- 1 National Women's Heart Health Day
- 5 National "Wear Red" Day
- 5 Florida School Crossing Guard Appreciation Day
- 7 Superbowl Sunday
- 19 National Caregivers Day

MARCH

- Developmental Disabilities Awareness Month
- Florida Bicycle Month
- 8 Daylight Saving Time
- 13 National K9 Veterans Day
- 16 National Wellderly Day
- 20 First Day of Spring
- 22 As Young as You Feel Day
- 24 American Diabetes Alert Day
- 28 Genealogy Day