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AGE-FRIENDLY LIVABLE COMMUNITIES

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Livable Community Spotlight:

Miami-Dade Age-Friendly Initiative:

Collective Impact Toward an Age-Friendly Community

By Isabel Rovira, MPH, Co-Founder and COO, Urban Health Partnerships, Director, Miami-Dade Age-Friendly Initiative

Janiece Davis, MPH, Age-Friendly and Health Equity Program Manager, Urban Health Partnerships

Susan Holtzman, Older Adult and Special Needs Advocate, Office of Mayor Daniella Levine Cava, Miami-Dade County

Miami-Dade County is a diverse and multicultural community that values fairness and inclusion. The community thrives when everyone is included – and that means people of all ages, too. Around the globe, people are living longer, and the population is growing older. Miami-Dade County is now home to the largest group of older adults in the state of Florida.

The County is currently home to more than half a million people 60 years of age or older, and this number is expected to grow to over 900,000 by the year 2040. For the first time in recorded history, older adults in Miami-Dade County now outnumber all children under the age of 18! The aging of our community is important to every family and every neighborhood. Aging has impacts on every system and sector that make our community work.

It is imperative to ensure economies, policies, and communities are equipped to support changing demographics. No matter a person's age, most people want to "age in place." Everyone benefits when older adults can continue making contributions to family life,

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CARE & CURE INITIATIVE
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AGE FRIENDLY INITIATIVE

Miami-Dade County

faith and civic groups, schools, local government, and neighborhoods. How well Miami-Dade County responds to aging depends on the ability of private-public partnerships to collectively work with community members toward sustainable change with an end goal of ensuring a community is a place where people of all ages can live with the quality of life that they need and deserve.

The Miami-Dade Age-Friendly Initiative was launched in 2012 and has since grown into a collaborative network of individuals, stakeholders, and organizations working together toward change. Today, the Initiative is led by the following group of diverse lead agencies representing different sectors of the community including AARP Florida, Alliance for Aging, Inc. (Area Agency on Aging), Florida Department of Health in Miami-Dade County, Health Foundation of South Florida, Miami-Dade County Government, Miami-Dade Transportation Planning Organization, United Way of Miami-Dade, and Urban Health Partnerships. Thanks to the leadership of these agencies, many others have come to the table to advise, plan, and share ideas.

In 2016, Miami-Dade County was designated as part of the Network of Age-Friendly Communities (by AARP and the World Health Organization), making it the 5th largest municipality in the country to join the network. Miami-Dade County and Mayor Daniella Levine Cava's administration remain committed to including older adults in all aspects of the county's work. Age-Friendly services have been identified and resources have been offered in nearly every department of the county. The County has recently brought on an Older Adult and Special Needs Advocate who is tasked with ensuring residents are connected to the resources they need, and that the needs of older adults are considered in policy development and implementation.

The Miami-Dade Age-Friendly Initiative takes pride in its collective impact work. Collective impact is the idea that more can be done together, with a common vision and goal, than an individual or organization could achieve individually or working in silos. With every Age-Friendly partner incorporating older adults into their planning and programs, Miami-Dade County has identified a common vision and has made strides to becoming more Age-Friendly:



OUTDOOR SPACES AND BUILDINGS

Vision for Miami-Dade County: Older adults have a safe and enjoyable physical environment in which to live and be active.

Age-Friendly Highlights to Date:

- Miami-Dade County's Parks, Open Spaces, and Recreation Department developed Age-Friendly standards and updated their code. Presently there are [Active Older Adults Programs](#) in nine designated parks throughout the county.
- Additionally, through direct advocacy by the Age-Friendly Initiative, older adults were included in the County's [Comprehensive Development Master Plan](#). This will continue to create opportunities for county leaders to focus on aging for many years ahead.

TRANSPORTATION

Vision for Miami-Dade County: Older adults utilize a variety of types of transportation they want and need to move throughout the community.

Age-Friendly Highlights to Date:

- Age-Friendly considerations were incorporated in the 2040 and 2045 updates to [Miami-Dade Long Range Transportation Plan](#).
- Miami-Dade Transportation Planning Organization passed a resolution for Age-Friendly design wherever possible and recently completed an [Aging Road User Strategic Safety Plan](#). This led to [Road Safety Audits](#) around Senior Housing where more traffic accidents were happening. This work was highlighted and shared with other local planners at the 2021 Safe Streets Summit.
- Miami-Dade also provides free transit service to all older adult residents through its [Golden Passport](#) program, new application locations have now made it easier to access the passport.

HOUSING

Vision for Miami-Dade County: Housing for older adults is affordable, accessible, and adapted to their needs and interests.

Age-Friendly Highlights to Date:

- Developed with expertise from local planners, partners can access a local [Age-Friendly Housing Policy Scan](#) which focused on the County and five of its largest municipalities. The document highlights best practices from around the country and what's currently happening in the County.
- There are roughly 1,490 County-funded affordable rental units for older adults in some stage of development across Miami-Dade. In addition, almost one in three of all the County-funded affordable rental units currently being built or renovated are set aside for older adults.

CIVIC PARTICIPATION AND EMPLOYMENT

Vision for Miami-Dade County: Older adults have a wide range of employment and civic engagement opportunities.

Age-Friendly Highlights to Date:

- The Miami-Dade County Age-Friendly Initiative partnered on Employment Fairs specifically promoted to older adults, and open to all ages. It has also worked to promote and share a wide range of resources available to residents around employment and training.
- In 2018, a County ordinance developed an [Elder Affairs Advisory Board](#). The mission of the Elder Affairs Advisory Board is to serve in an advisory capacity to the mayor and the Board of County Commissioners to distinguish the needs of the elderly community.
- Most recently, Mayor Daniella Levine Cava's [Thrive 305](#) campaign, a county-wide civic engagement campaign, engaged 27,000 residents. The data breakdowns went beyond the standard, to identify the needs of older adults of different ages, 55-64, 65-74, 75-84, 85 and above. This data will help inform future work of the initiative and the County.

COMMUNITY SUPPORT AND HEALTH SYSTEM

Vision for Miami-Dade County: Older adults are supported by quality health care, community-based wellness and supportive services.

Age-Friendly Highlights to Date:

- The Florida Department of Health in Miami-Dade County joined the Age-Friendly table and has helped identify ways that they can expand Age-Friendly services. Their Community Health Improvement Plan (CHIP) and [Consortium for a Healthier Miami-Dade's Elder Issues](#)



Committee include opportunities to address aging issues. In addition, the FDOH-Miami-Dade was one of the Florida Health Departments that participated in [Age-Friendly Public Health Systems' Florida pilot](#).

- When the COVID-19 pandemic hit, older adults were prioritized in Miami-Dade County. The county's community services quickly pivoted to provide home delivered meals to our vulnerable older adults. Once the vaccine was approved, older adults were again prioritized, vaccinating people at home and at safe sites across the county by partnering with trusted community partners. Miami-Dade currently has the highest vaccination rate in the state.

COMMUNICATION AND INFORMATION

Vision for Miami-Dade County: The broader community is aware and knowledgeable about the presence, value, needs and wants of older adults.

Age-Friendly Highlights to Date:

- One of the major roles of Miami-Dade's Age-Friendly Initiative is advocating for aging and aging in place in the community. As a result of this, United Way of Miami-Dade led a study around leader's [perceptions around aging](#). This helped gain insight as to how local residents and leaders view aging and older adults which helped ensure aging is appropriately prioritized.
- This resulted in several [Age-Friendly summits, trainings, and workshops](#) to share resources and promote collaboration toward Age-Friendly strategies throughout the County.
- In addition, the Initiative has engaged a network of more than 60 community partners and leaders in services for older adults. Through surveys, older adults shared their needs and opinions. An advisory committee made up of older adults continues to inform the work.

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SOCIAL PARTICIPATION

Vision for Miami-Dade County: Older adults enjoy a wide range of opportunities for social participation.

Age-Friendly Highlights to Date:

- The [Age-Friendly Mini-Grant program](#) has helped activate Age-Friendly projects throughout the county, particularly in the area of social participation and inclusion. Examples of such projects include ADA accessible buildings at parks, job trainings, civic engagement trainings, community gardens, intergenerational music therapy, virtual reality opportunities for older adults to travel the world, and a community garden that is planted, maintained, and harvested by the County's older adult residents.

RESPECT AND SOCIAL INCLUSION

Vision for Miami-Dade County: Older adults feel welcomed and valued in all community settings.

Age-Friendly Highlights to Date:

- The Miami-Dade Age-Friendly Initiative has worked to make the County more Age-Friendly. Ten additional municipalities within Miami-Dade County have also joined the Network of Age-Friendly Communities. The goal is for every community to be an Age-Friendly community that values its older adults. A [toolkit for municipalities](#) to join the Age-Friendly Network has been created and several of them have expressed interest in joining.
- In addition, a "Reframing Aging" training for municipal and organizational staff was conducted to understand better ways to communicate about aging and to help combat ageism, with more in the works.

Miami-Dade County is proud to serve as a model for every municipality aspiring to expand its services to meet the needs of its older adult residents. The Miami-Dade Age-Friendly Initiative plans to continue its collective impact work toward building a community for all ages, one where everyone can thrive as they grow up and grow old in the community they love. There still is much more to do, but the future is bright due to the ongoing collaborative work being done to achieve an Age-Friendly future.

Special thanks to AARP Florida, the Initiative's lead agencies, the many local Age-Friendly partners, and the Department of Elder Affairs for its support on this journey toward an Age-Friendly Miami-Dade.

[Watch this video to learn more about the Miami-Dade Age-Friendly Initiative.](#)



Turn Your Daily Walk into a Social Stroll

By Gail M. Holley, Safe Mobility for Life Program and Research Manager, Florida Department of Transportation

Walking is one of the cheapest and easiest ways to get our bodies moving. Walking can also help you connect with others in your community, making it a useful tool to combat social isolation.

Using walking as a social activity is simple. All you need is to invite others to walk with you. Some ideas include:

- Coordinating a social stroll with your friends at a local park or trail.
- Planning your weekend lunch in a walkable location and opting to walk before or after the meal to get those steps in.
- Picking a new place to walk each week to find new areas, shops, and restaurants that you may have missed before.

If you do not have nearby neighbors, friends, or family to walk with, that is okay! Chances are there are plenty of

other people in your community that would love to get together. There may already be a group formed that you could join. To look for existing groups:

- Check with your co-workers, neighbors, family, and friends.
- Contact your local community or recreation center.
- Connect with a local senior center.
- Look on websites and apps like [MeetUp](#) or [Nextdoor](#).

If you do not find a group, consider starting your own. After all, walking is free! Here are some tips to start an organized walking group:

- Ask your senior center, church, or community center what they can do to help organize a group.
- Use email or websites such as [Facebook](#) or [Nextdoor](#) to spread the word about your group.
- Meet in a safe and public place. Consider weather, convenience, level of difficulty, and accessibility.



when choosing a location.

- Map your route in advance and make sure there is room for a group to walk together.
- Walk during daylight hours.
- Avoid busy, high-traffic areas.

Ready to start walking? Download or request your free copy of the Safe Mobility for Life Coalition's [Walking](#) booklet to learn more about coordinating a walking group, safe walking tips, and signs and signals you may see on your walk. Visit [fdot.tips/resourcecenter](#) or call 1-833-930-2952 to get yours today.

You Hold the Keys to Achieve Safe Mobility For Life

Understand
the impact aging has on driving

Be Proactive
about safe driving skills

Plan
for a safe transition from driving

SAFE MOBILITY FOR LIFE

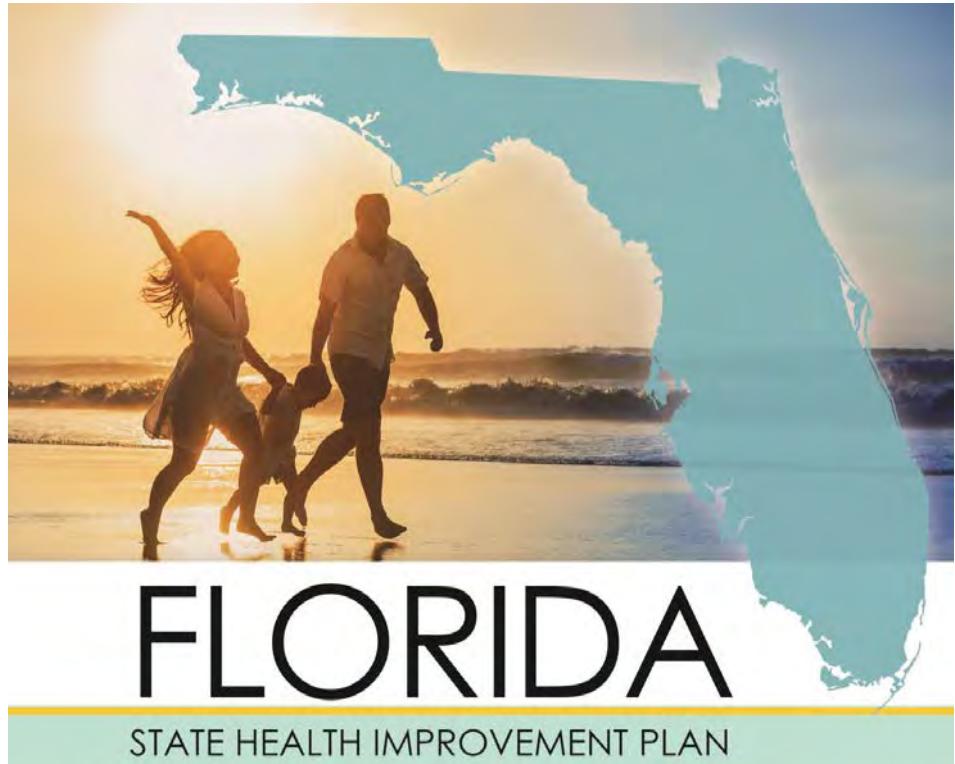
Everything you need, all in one place

Visit [SafeMobilityFL.com](#)

Florida's State Health Improvement Plan

Planning for the 2022-2026 Florida State Health Improvement Plan is currently underway! This 5-year plan will be a blueprint for action, setting goals for Florida's public health system. The planning process includes a range of stakeholders, such as state and local government agencies, health care providers, employers, community groups, universities and schools, non-profit organizations and advocacy groups. This collaborative planning process fosters shared ownership and responsibility for the plan's implementation, with the goal of efficient and targeted collective action to improve the health of Floridians.

Visit FloridaSHIP.org for more information.



SAVE THE DATE!

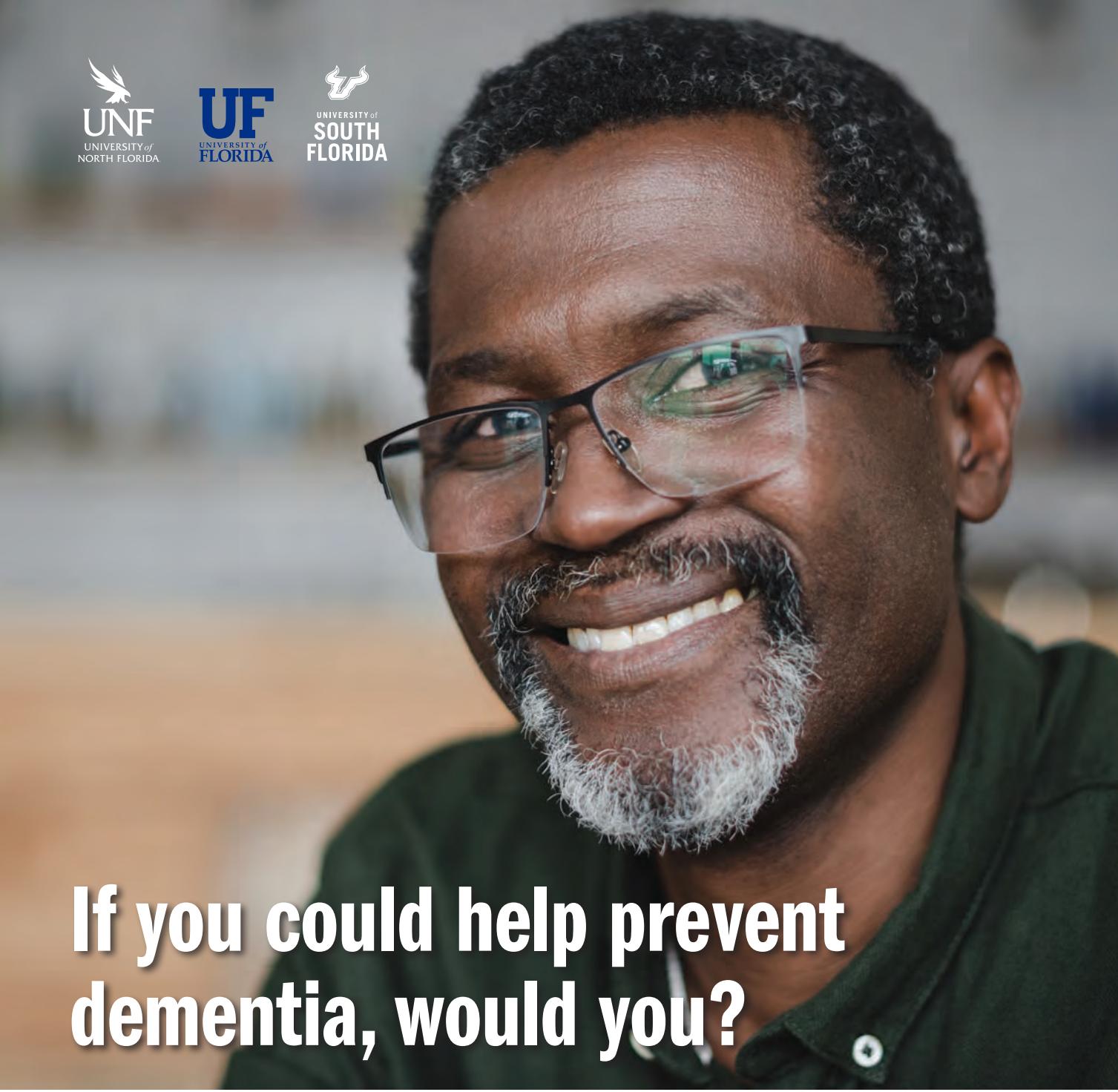
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September
2, 9, & 30
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10AM - 12PM



For more information visit ElderAffairs.org!



If you could help prevent dementia, would you?

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ENDING HOMELESSNESS IN COLLIER COUNTY

Starting With Merrie

By Michael Overway, Executive Director, The Hunger and Homeless Coalition of Collier County

My wife and I headed out on Friday evening, which was shaping up to be a great date night: dinner and a sunset! We needed to stop for gas, and, as fate had it, we were directed to the most important gas station in Punta Gorda. Why so important, you ask?

There I met Merrie. Merrie was pumping gas into her car; however, that is not what caught my attention. Her car was full of what looked to be all her worldly possessions. Working in homeless services, one learns over time to notice people and their surroundings. Some are barely noticeable; others, like Merrie, stand out in their surroundings.

As I stood pumping gas, again my attention was drawn to her not only because the backseat of her car was filled to the brim, but also because she had pumped only \$2.63 worth of gas. She looked distressed, and her face was covered in worry lines. Merrie's physical appearance told the story that life had been tough on her. Clearly, she did not have what she would need for gasoline to get through the next few days.

I approached her and asked, "May I ask a question?"

She turned to me and just said, "Yeah." The next few minutes of our conversation were certainly telling of her current state. I asked whether she had a home to go to. She explained that while she worked at the gas station where we were, her paychecks were not enough to



HUNGER & HOMELESS COALITION OF COLLIER COUNTY

afford housing, and the owner of the station would not allow her to park her car there to sleep in it overnight. So, she had pumped just enough gas to get to another parking lot that she could sleep in that night. I offered to fill her tank with gas, and upon graciously accepting, she shared the story of how she had been living in her car for nearly a year following a series of devastating events. Sadly, her husband of 40 years had left her, and after losing her job, she moved to Naples to live with her son's family, but only until the expense of feeding another mouth became too much of a burden. She then began to live in her car. She had sustained herself for nearly a year using Walmart bathrooms to wash and food pantries for daily meals. She described it as managing "to stay out of the light."

Unfortunately, Merrie is not alone. Homelessness among older women is on the rise in Florida, especially in the retirement communities of Southwest Florida. Two of the myriad reasons seen by the Hunger and Homeless Coalition of Collier County (the Coalition) are problems managing finances and the upkeep of a home after a spouse has passed. Others, like Merrie, have experienced a downward series of events that have led to social breakdowns, forcing them to find a way to survive on their own.

Through the support of private philanthropy from the Community Foundation of Collier County, the Women's Foundation of Collier County, the Naples' Women's Club, Moorings

Park Foundation, Richard M Schulze Family Foundation, and the Bentley Village Foundation a new focus was made on ending senior homelessness. The Coalition's adoption of the national goal to make homelessness rare, brief, and a one-time occurrence has proven effective among clients and funders alike.

Today Merrie is housed, working, and on the road to stable living. She still has wounds that need healing from the breakdown of her marriage and experiencing homelessness. Housing her was the highest priority, but as with many seniors, ongoing supports for mental and physical health care, as well as inclusion in appropriate support groups, remain a vital part of the wrap-around services needed.

Now, more than a year into the initiative, private landlords with available housing and several additional private funding sources have contributed to the continuing success of this effort. Funding covers minimal administrative expenses including additional outreach staff to locate and connect the women to services, as well as to provide rent and security deposits.

From 2016-2019, Collier County has seen an increase in senior homelessness by about 15 percent per year. In 2020 the County saw a 33 percent increase, particularly among senior women. Over the past year and during the pandemic, the Coalition

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Ending Homelessness... continued from page 8

has served a record number of homeless older adults, rehousing 20 women, and 28 men.

Over the past five years, counts of total homeless persons in Collier are as follows:

- 2017 – 621
- 2018 – 653
- 2019 – 498*
- 2020 – 603
- 2021 – 568

There were 49 homeless seniors in the 2021 count.

Though overall homelessness is increasing in Southwest Florida, the homeless count is slowly coming down in Collier County, thanks to the Continuum of Care effort to focus on rapid rehousing and permanent supportive housing.

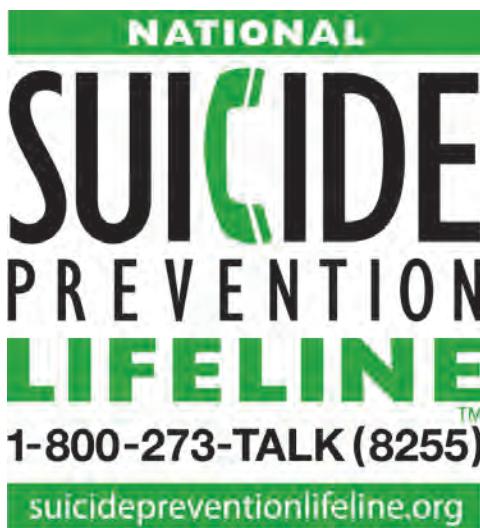
There is still so much more to do, and the Coalition is working hard to help implement innovative programs to alleviate the great need, as there are many more like Merrie who need rehousing.

The mission of the Hunger and Homeless Coalition is to support the planning, delivery, and coordination of high-quality services to the hungry, homeless, and those at risk of homelessness in Collier County.

*Inclement weather the day of the count

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



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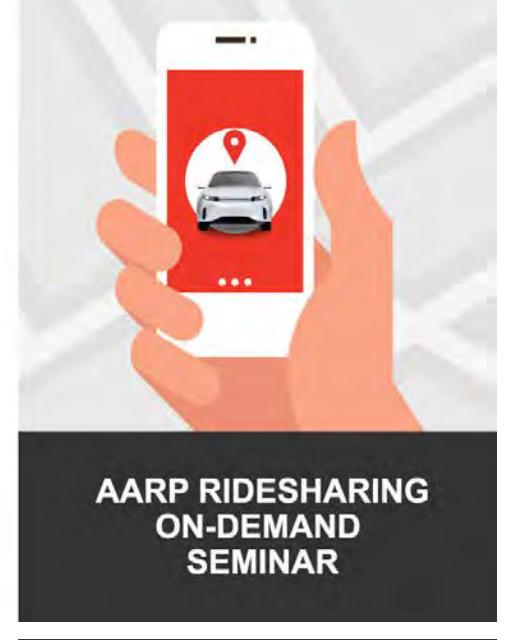
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Intergenerational Awareness Month

By Lisa Conway, RN, CCM and Barbara Fradkin, BSW, CCM

Everyone needs companionship. And after the year we've had, reconnecting with others is really important—especially for our seniors. Many have experienced traumatizing isolation, and have been unable to see their loved ones for a prolonged period. The senior centers have been closed and normal daily activities halted. So now that centers are reopening, it is time to venture out, find our "new normal" and re-engage with friends and family.

September is recognized as Intergenerational Awareness Month, a global movement celebrating the many benefits of relationships between adults aged 60+ and younger people. Why is that important? Because generations have so much to learn from each other!

In Florida, approximately 250 senior centers are visited by 380,000 seniors annually. Partnering with schools and civic organizations, many centers offer intergenerational projects to share experiences, skills and knowledge that are reciprocally beneficial and foster positive long-term relationships.

In the past, generations of the same family lived together. Grandchildren grew up with their elders. There was storytelling, shared responsibilities, cooking and eating together. Separated by distance, this type of natural interaction is harder to achieve. But we can still do it.

Here are some ways you can celebrate Intergenerational Awareness Month:

- VISIT OR VOLUNTEER AT A RETIREMENT HOME** Residents love visitors. The smile of a child or young adult can change their world.



ABOVE: Four generations of the Conway family gather together for a celebration.

- JOIN BIG BROTHERS/BIG SISTERS** This offers opportunities to connect with younger generations, helping at-risk kids navigate their lives.

- CALL YOUR OLDER FAMILY MEMBERS** If you are lucky enough to still have them in your life, make it a point to reconnect. Learn about your ancestors and where you came from.

- VISIT A MEMORY CARE OR ASSISTED LIVING COMMUNITY** Most of them will have a garden, where you can visit with seniors. Playing in the dirt is a great conversation starter.

- MAKE A FAMILY MEAL TOGETHER** Share recipes and involve the children in making family specialties. Then sit down and eat together. For seniors, there is nothing better than a nutritious meal shared with family.

- VOLUNTEER AS A FAMILY** Make a difference in your community with an experience that teaches life lessons.

No matter what you do, find someone of another generation to share it with. Our seniors are able to teach us so much about life; they have many stories to tell, and we are never too old or too young to learn.

One Senior Place is a marketplace for resources and provider of information, advice, care, and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com, call 321-751-6771 or visit One Senior Place, The Experts in Aging.

Lisa Conway is a Registered Nurse and a Certified Care Manager for Senior Partner Care Services, Viera. Barbara Fradkin is a Social Worker, Certified Care Manager and the Director of One Senior Place- Brevard/Space Coast.

ASSISTED LIVING IN THE UNITED STATES

A Historical Perspective

By Brenda Lyle, CMC, CDP

Certified Dementia Practitioner

One Senior Place, Greater Orlando

In honor of Assisted Living Week (September 12-18), let's take a look at the history and evolution of what we now know as "assisted living." Prior to 1965, most "homes for the aged" were philanthropic endeavors by well-meaning groups attempting to provide room and board for older Americans. The emergence of Medicare in 1965 shifted the model from social services to a more clinical setting, as funding for care became available. Not every aging person needed the same care, however. Rather, many needed a place with assistance for the activities of daily living: like meals, bathing, dressing and medication management. In 1981, Dr. Keren Brown Wilson, a professor of gerontology at Portland State University in Oregon, searched unsuccessfully for a care setting for her mother, who had suffered a stroke. Her recognition of the need for change would herald a revolution in the ongoing care for aging adults.

Dr. Brown and her husband Dr. Michael Deshane, also a gerontologist, imagined a living environment that was less hospital-like, offered more resident autonomy, and was a safe and nurturing place where basic needs could be met. But this simply did not exist. So, in 1988, Brown and Deshane took out a loan to build the first officially licensed "assisted living" facility in Canby, Oregon. Investors on Wall Street took notice, which led to the construction of thousands of assisted living communities in the 1990's.



Today, nearly 30,000 assisted living communities dot the U.S. landscape, where the average resident is a woman in her 80's. Experts predict the need for this specialized housing will persist, with Baby Boomers riding the crest of the "silver tsunami." The US Census Bureau predicts some 19 million people will be age 85 or older by 2060. Which means we will likely need an additional one million new senior living units to accommodate our aging population.

Modern assisted living communities offer a variety of living options. One model allows for move-in at the independent level, with aging-in-place provisions all the way through hospice care, while others offer memory care for residents with dementia as part of the care spectrum. The overall income demographic served by the assisted living community is often reflected

in the activities and dining options provided. Some upscale communities provide their affluent residents with access to college courses, eclectic menu choices and wine bars, while communities for seniors with lower incomes offer Medicaid assistance to defray the cost of care. What hasn't changed, is the mission of the assisted living industry: to offer care with dignity and as much independence as possible.

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to AskOSP@OneSeniorPlace.com, call 321-751-6771 or visit One Senior Place, The Experts in Aging.

Medic Alert vs Medical Alerts

Understanding the Differences

By David Michaels, Owner, Personal Living Alert

August is recognized as Medic Alert month. A key to this distinction is the shiny silver Medic Alert bracelet seen on thousands of wrists that informs everyone of potentially life-threatening allergies or medical conditions.

The concept was first introduced in 1956 by Marion and Chrissie Collins. As the story goes, Dr. Marion Collins' daughter pricked her finger. She was taken to a hospital, where she had a violent reaction to a small amount of tetanus antitoxin and spent three days in an oxygen tent because of an allergic reaction. Her father, a physician like his own father, sought to protect her afterward by pinning a piece of paper to her clothing that said, "Fatally allergic to tetanus antitoxin."

Tens of millions of people now wear a Medic Alert bracelet, and over the years, the styles and colors available have expanded tremendously, making them quite fashionable. The technology has drastically changed and improved since its early days. There are now pendants and watches, and soon there will be systems that do not require a pendant, bracelet, or wristband.

Not to be confused with Medic Alert, Medical Alert Systems are available but operate differently from a Medic Alert bracelet. The Medical Alert System was created in the early 1970s by Wilhelm Hormann. Hormann wanted a system to relay urgent biomedical data and social communication. In 1975, American International Telephone Corporation, a California based company, offered the first medical alert system, which was a pendant a person wore, and when in distress, the person could push a button to call a set of preprogrammed phone numbers. In the 1980s this alert system became well known by its marketing tag: I've fallen, and I can't get up.

The Medic Alert bracelet is great if you are out in public and have a medical emergency. The Medic Alert ID provides visual notification alerts to first responders and others that you have a medical condition. The Medic Alert Foundation offers secure maintenance of your medical data and can provide it to emergency medical services or hospitals on your behalf, should they need it when treating you.

Medical alert systems provide protection when no one is around to lend a hand. They help individuals maintain their quality of life while reassuring their families that they are safe.



These systems are separated into two major categories: In-the-Home and On-the-Go. Some of the features and benefits of the systems include:

In-the-Home

- Ideal for those who may live alone or are homebound, or anyone needing a little extra protection when at home
- Works with a traditional landline or cellular service
- Waterproof
- Available Fall Detection
- Available 24/7 Emergency Help

On-the-Go

- Watches or Pendants
- GPS location
- Apps for locating a loved one
- Water Resistant
- Works anywhere in the US
- Available Fall Detection
- Available 24/7 Emergency Help

Before purchasing either a Medic Alert or a Medical Alert, it's always best to discuss the situation with your loved ones, care manager, or an expert in the field.

The [Medic Alert Foundation](#) is a non-profit organization and a great resource with helpful information when deciding which Medic Alert bracelet or pendant is right for you.

For additional information, contact David Michaels at david@personallivingalert.com.

Hope Pace's Mobile Clinic 'Drives' Better Outcomes for Southwest Florida Seniors

By Kara Hado, Senior Public Relations Counselor
Gravina, Smith, Matte and Arnold Marketing and PR

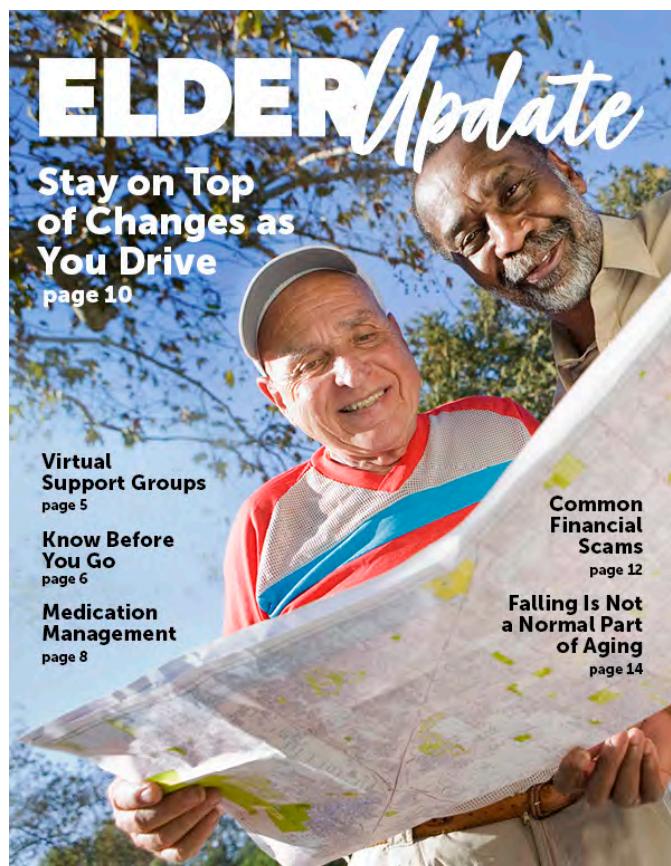
Hope PACE, a Program of All-Inclusive Care for the Elderly, has expanded its transportation fleet to include Hope Mobile Clinics. Following rigorous safety precautions, program participants still visit the Hope PACE Centers for necessary visits and interventions, while the new vehicles provide safe, convenient, and accessible options for ancillary services. The Hope Mobile Clinics are able to deliver in-home care, facilitate virtual physician visits, provide preventative screenings, and dispense vaccinations. At present, services are only available to registered program participants.

"Challenges present opportunities, and the Mobile Clinics are an example of Hope's innovative spirit," said Samira K. Beckwith, President and CEO of Hope Healthcare. "We've adapted in creative ways not only to enhance our services, but also to ensure we continue our personal approach that helps seniors avoid unnecessary hospitalizations and remain safely in the community."



Hope PACE is a comprehensive, coordinated healthcare program designed to meet the social, emotional, and practical challenges of older adults. Care plans are customized to meet each client's needs and include services such as medical and dental care, therapies, home and personal care, medications, medical supplies, and essential transportation.

To be eligible, participants must live in Charlotte, Collier, or Lee county and be 55 years of age or older. Those with dual Medicare and Medicaid coverage will qualify for help at no cost. For others, fees apply. The Hope PACE Centers are conveniently located in Fort Myers, Cape Coral, Lehigh Acres, Port Charlotte, and Naples. Learn more by visiting HopePACE.org or calling 239-985-6400.



NOW AVAILABLE: The August Issue of *Elder Update*

The latest edition of the *Elder Update* is available now. The magazine can be accessed online at elderaffairs.org/publications-reports/elder-update. Download your copy today.

The *Elder Update* is a complimentary publication produced by the Department of Elder Affairs. It is distributed to over 45,000 Floridians including seniors, caregivers, policymakers, and elder-care service providers.

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Evidence-based Community Falls Prevention Programs: Saving Lives, Saving Money

The Challenge: Older Adult Falls in the U.S.

- 1 in 4 Americans aged 65+ falls each year
- Every 11 seconds, an older adult is treated in the emergency room for a fall
- Every 19 minutes, an older adult dies from a fall



Falls Are Common



Falls Are Costly

- In 2013, the total cost of fall injuries was \$34 billion (78% paid by Medicare)
- This total cost may reach \$67.7 billion by 2020
- Even falls without injury can cause fear of falling, leading to physical decline, depression, and social isolation

Falls in adults aged 65+ are the leading cause of head injuries and broken hips

The Solution: Proven Community Falls Prevention Programs



A MATTER OF BALANCE

8-session workshop to reduce fear of falling and increase activity among older adults in the community

- 97% of participants feel more comfortable talking about their fear of falling
- 99% of participants plan to continue exercising
- \$938 savings in unplanned medical costs per Medicare beneficiary



OTAGO EXERCISE PROGRAM

Individual program of muscle strengthening and balance exercises prescribed by a physical therapist for frail older adults living at home (aged 80+)

- 35% reduction in falls rate
- \$429 net benefit per participant*
- 127% ROI**



STEPPING ON

7-week program that offers older adults living in the community proven strategies to reduce falls and increase self-confidence

- 30% reduction in falls rate
- \$134 net benefit per participant
- 64% ROI



TAI CHI: MOVING FOR BETTER BALANCE

Balance and gait training program of controlled movements for older adults and people with balance disorders

- 55% reduction in falls rate
- \$530 net benefit per participant
- 509% ROI

SOURCES:

Carande-Kulis, V., Stevens, J., Florence, C., Beattie, B.L., Arias, I. (2015). A cost-benefit analysis of three older adult falls prevention interventions. *Journal of Safety Research*, 52, 65–70.

Report to Congress in November 2013: The Centers for Medicare & Medicaid Services' Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act. <http://innovation.cms.gov/Files/reports/CommunityWellnessRTC.pdf>

* Net benefit = Direct medical costs averted (e.g., emergency department visits, hospitalizations, rehab, homecare) after subtracting intervention costs

** ROI (return on investment) = Net benefit per participant divided by average cost of the program per participant; percentage of return for each dollar invested

***Now known as "Tai Ji Quan: Moving for Better Balance"

Learn more about these and other proven programs at ncoa.org/FallsPrevention



By Laura Copeland, Statewide DCCI Program Coordinator

The dementia-caring network welcomed the Pasco-Pinellas DCCI Task Force as the state's 11th task force in the fall of 2019. The task force is working to raise awareness of dementia by fostering a deeper understanding of its symptoms, causes, diagnoses, and treatments.

The Pasco-Pinellas DCCI Task Force is led in partnership by Celisa Bonner, LCSW who serves as Clinic Coordinator of the Madonna Ptak Center for Alzheimer's Research and Memory Disorders Clinic, and Stacie Bolen, Director of Outreach for the Area Agency on Aging of Pasco-Pinellas, Inc. These two leaders, along with a diverse group of task force volunteers, bring palpable energy, passion, enthusiasm, and knowledge to their communities. This task force has focused efforts on providing free DCCI dementia sensitivity training throughout their communities, along with creating engagement opportunities for people living with dementia and their care partners, spreading the word about DCCI, and recruiting new members to be a part of their meaningful work.

"I love getting connected with new people across our two counties who have the same passion I do. It validates what I do on a daily basis," said Bonner. "I'm amazed how the community has embraced our DCCI education and training and is sharing it with others. It's like the word is spreading like a wildfire."

The successes of this task force are making waves throughout Pasco and Pinellas Counties. With this traction, four subcommittees were established as a way for task force members to be more directly involved with this initiative. These subcommittees are administration, engagement, outreach and recruitment, plus training and education. As a group, this task force developed vision and mission statements that have guided their work in Pasco and Pinellas Counties:

AUGUST SPOTLIGHT:

Pasco-Pinellas Dementia Care and Cure Initiative Task Force

VISION: A community that embraces and empowers people living with dementia.

MISSION: To promote dementia awareness through advocacy, education, and collaboration.

"It amazes me to see how many people are personally affected by dementia and who then want to turn those experiences into a way to help others. Our group is growing monthly – filled with volunteers from different backgrounds and professions. When I am providing outreach to the community, I have a chance to talk about DCCI and the invaluable free dementia sensitivity training we offer, as well as a way for them to volunteer, whether it's in outreach, training, or engagement," said Bolen.

Since the beginning of 2021, dementia sensitivity training has been provided to over 280 individuals in Pasco and Pinellas Counties, and in May, Bonner provided this training and DCCI information at the Sheriff's Summit that encompassed eight counties in the area. In June, the engagement subcommittee launched a weekend opportunity for individuals with dementia and their care partners to participate in dementia friendly activities (exercise, games, crafts, and more). This engagement opportunity will be offered for a minimum of four months, occurring the second Saturday of the month at Seabreeze Adult Day Care in St. Petersburg and the 4th Saturday of the month at TLC Adult Day Care in Oldsmar.

With communities throughout Florida opening back up to pre-pandemic times, it is exciting to think of what the Pasco-Pinellas DCCI Task Force will set their sights on and accomplish next!

For more information about DCCI or to connect with the Pasco-Pinellas DCCI Task Force, please reach out to DCCI@elderaffairs.org.



HEALTHY DIET. HEALTHY BRAIN.

It is normal for your brain to change as you get older. A healthy diet may reduce your risk for memory loss and confusion. A healthy diet can help to improve your overall health, including brain health. A healthy diet:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars
- Stays within your daily calorie needs

Please talk to your healthcare provider about how you can have a healthy diet.



For More Information

About Healthy Eating

- Dietary Guidelines for Americans 2015-2020, 8th Edition health.gov/dietaryguidelines/2015/guidelines
- ChooseMyPlate choosemyplate.gov

About Brain Health

- CDC Alzheimer's Disease and Healthy Aging Program cdc.gov/aging
- National Association of Chronic Disease Directors Healthy Aging Programs chronicdisease.org/page/HealthyAging
- Alzheimer's Association alz.org



This work was supported by a cooperative agreement between the Centers for Disease Control and Prevention and the National Association of Chronic Disease Directors (5-NU380T000286-02).

Veterans Crisis Line



1-800-273-8255
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Upcoming Events

AUGUST

MedicAlert Awareness Month
10-11 Florida Conference on Aging
21 National Senior Citizens Day

SEPTEMBER

Healthy Aging Month
Intergenerational Awareness Month
National Preparedness Month
National Senior Center Month
National Suicide Prevention Month
World Alzheimer's Month
National Prostate Cancer Awareness Month
Hunger Action Month
6 Labor Day
11 Patriots Day and National Day of Service and Remembrance
12 Grandparent's Day
21 World Alzheimer's Day
5-21 National Suicide Prevention Week
12-18 National Assisted Living Week
20-26 National Employ Older Workers Week
22-28 Falls Prevention Awareness Week