



Initiatives to Promote Aging-in-Place in Local Communities: An Evidence Based Toolkit

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Purpose and Aims

- To design an evidence-based toolkit, to aid community leaders in instituting their own local Aging-in-Place initiatives.
- The Toolkit establishes a key framework designating the most efficient ways in which older adults may be supported if they decide to remain in their own homes, as they age.
- Creating a safe environment for adults to age in their own homes, benefits not only the quality of life of aging citizens but also buffers the abundant strain on the local healthcare system in Tallahassee.

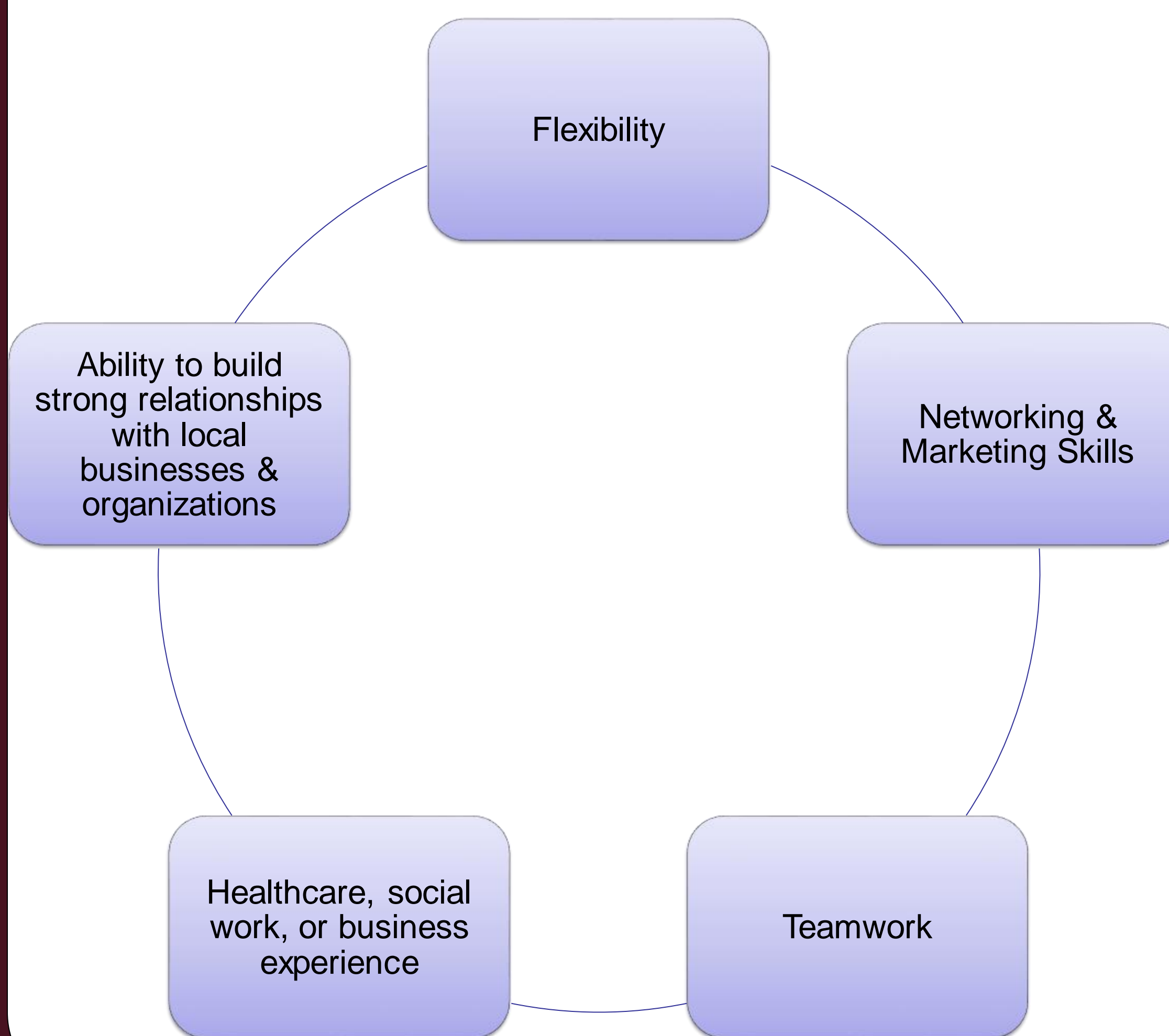
Introduction

- The population of elderly adults > 65 in the U.S. is growing and straining the resources of our healthcare system.
- Florida ranks second in the country for the highest number of older adults aged 65 and older but ranks lowest nationally in availability and quality of long-term care services.
- Changes associated with aging can negatively affect functional status, which may cause older adults to require additional assistance with activities of daily living; and when they are unable to manage independently, are relocated to assisted living and/or long-term care facilities.
- Aging-in-place initiatives within neighborhoods strive to address this problem to allow older adults to age at home.

Methods

- This project utilized a descriptive design to identify and describe best practices for aging-in-place initiatives in local communities.
- The project was guided by an ecological model, on the premise that small changes in the environment of older adults can significantly impact their ability to adapt to functional decline and remain independent with daily activities (Lawton, 1973).
- Toolkit development included literature review, interviews with research experts and community leaders of aging-in-place initiatives (from Baltimore, Maryland, etc.) organizational resources on healthy aging and aging-in-place initiatives, and documented needs of local older adults.
- An additional literature review was conducted to update the previous research, for the 2022-2023 years.

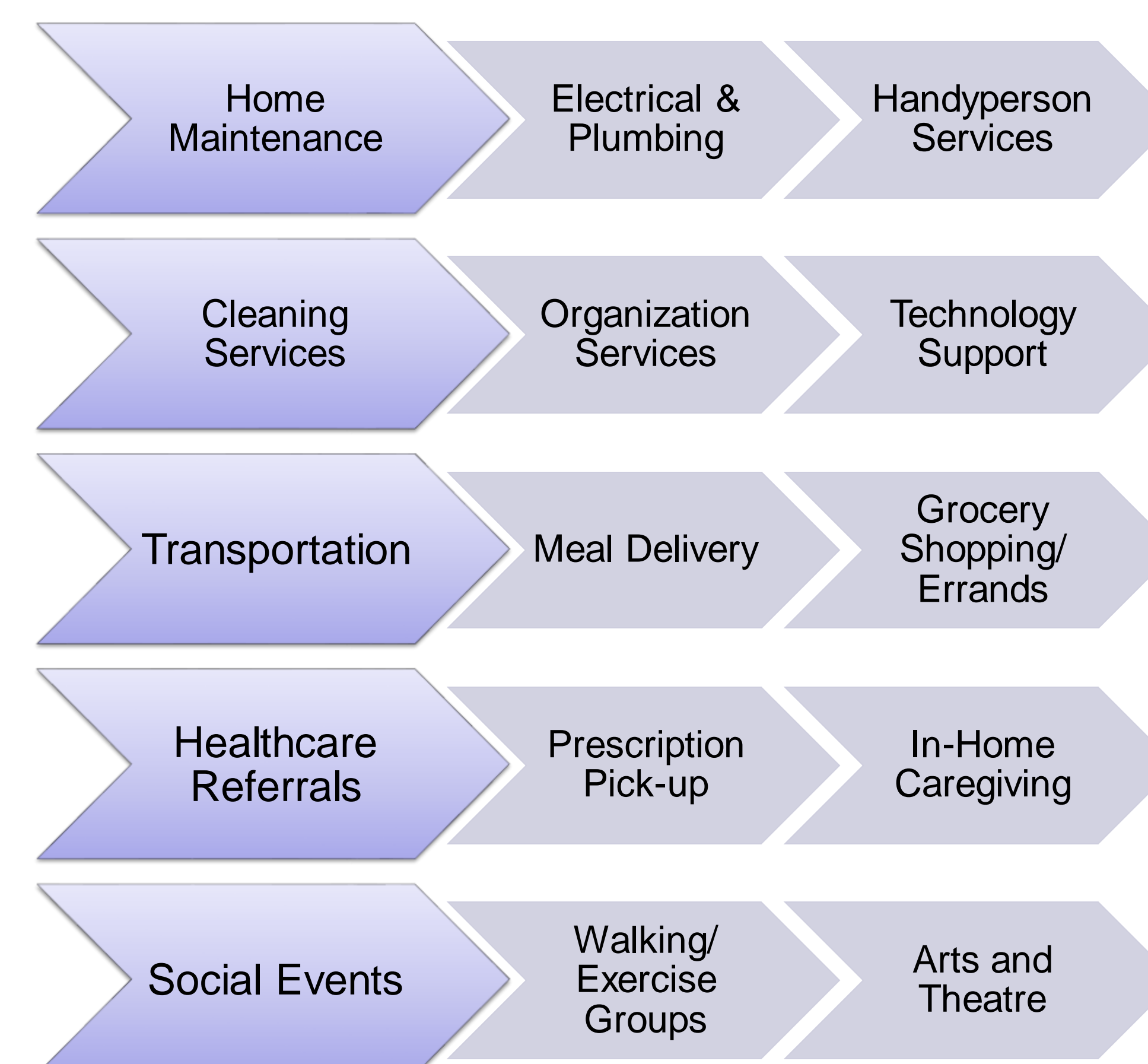
Aging-Place Leader Characteristics



Results

- Major themes in the literature were skilled healthcare professionals, modifications to the home environment, the importance of social engagement, and sustainability of aging-in-place initiatives.
- Interview themes emphasized the structure and characteristics of successful aging-in-place programs, including funding, community support and partnerships, leadership, program services and sustainability.
- The findings were utilized to create a toolkit to guide an aging-in-place initiative in Tallahassee by providing both national and local resources.
- Resource categories: **(a)** senior resources, **(b)** caregiving services, **(c)** cleaning and organization services, **(d)** grocery and meal delivery, **(e)** home maintenance and repairs, and **(f)** plumbing and electric services.

Program Services



Conclusion

- It is unacceptable that Florida ranks last in the country on long-term care services and support for older adults, people with physical disabilities, and family caregivers (AARP, 2020).
- This Toolkit offers a unique resource to aid local leaders in developing their own Aging-in-Place Initiative.
- Creating a safe environment for adults to age in their own homes as they age, benefits not only the quality of life of aging citizens, but also mitigates the abundant strain that affects the local healthcare system, exhibited in Tallahassee.

References

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