

Understanding the Needs and Goals of Seniors in our Community

This discussion was facilitated on 01.08.15 by MVCC AIP: Tatjana Luethi and Sherri Akers

MVCC AIP Mission Statement:

The Mar Vista Community Council provides an empowering voice and a network of resources to our diverse community of seniors.

Purpose of discussion with and amongst Seniors:

1. **Start a conversation**
3. **Understanding our seniors needs**
4. **Collectively generate alternative solutions**
6. **Collect stories, needs, data**
7. **Create a template for other cities**

Redefining independent living for our seniors in our immediate neighborhood.

WHO IS THIS FOR?

- ▶ Maintaining independence
- ▶ Safety & living alone
- ▶ Fixed or restricted income, finances
- ▶ Lack of concerned, local relatives able to help
- ▶ Companionship & community
- ▶ Amenities and accommodations in the community
- ▶ Alternatives to traditional Assisted Living Facilities

WHAT IS IT?

A fun and lively facilitated discussion amongst seniors in our community to explore their needs, challenges, fears, hopes, desires and alternative solutions to Aging In Place.

WHY?

To create a self-sustainable community amongst seniors and our community to empower one another.

Survey Results

Group A:

Seniors currently still living independently

CORE User Profiling - Survey Questions & Results

Group A: Seniors currently living independently

1. Brainstorm each column (7 min) 2. Choose Top Three (10 min)

<p>1. Identify Interests & Challenges (Needs)</p> <p>What challenges do you experience that triggered you to attend & participate this discussion today?</p>	<p>2. Impact on family & friends?</p> <p>What's the impact on your family and friends' lives if they become your primary care giver?</p>	<p>3. Possible Solutions</p> <p>What are your plans when it's a challenge to live alone? What support / resources / living options are you currently aware of? (multiple choice)</p>
<ul style="list-style-type: none"> • Maintain Independence • Planning w/Kids to live with quality • Planning now, has no family • Single, no kids or friends (no support system) • Will outlive older spouse, how to plan caring for him, and self after widowed • Seeking safety & community of support to maintain house (older spouse) • Seeking alternative options to Buy-ins & Senior Retirement Homes • Seeking to join a community to enhance & enrich Life & Living • Affordability & quality • Seeking activities & feeling alive • Age Discrimination • Senior Abuse • Avoid segregated community • Avoiding Assist. Liv. Comm. • Death with Dignity (having a choice) • Will not move in w/Kids • Can't afford personal caregiver 	<ul style="list-style-type: none"> • Don't want to be a burden • 8 Attendees: got limited support • 2 Attendees: no support • My friends are aging too, can't support me • Don't want them to see me like this • Want my kids to see I can take care of myself - Want to be seen that I can age in community - age with vitality, as a contributor & positive influence. • Running 2 Households at the same time • Additional Management • Creates stress 	<ul style="list-style-type: none"> • Getting Roommates & sharing resources, affordable living • Co-op Housing • Repurposing our SFH's • Transitional Housing • Evolving steps • Exit Planning • Senior Rights (address abuse) • Might need to create our own new ideas, innovations & solutions • Department of Aging Resource • Food Stamps • Disability Income • Reinvent oneself professionally • Caregivers to be paid by task versus hourly

CORE User Profiling - Survey Questions

Group A: Seniors currently living independently

1. Brainstorm each column (7 min) 2. Choose Top Three (10 min)

<h3>4. Sharing Options</h3> <p>How might the new sharing economy affect your plans? Will you utilize any sharing options?</p>	<h3>5. Hopes / Goals / Desires?</h3> <p>What are your hopes / goals / desires in regards to your future living and care needs?</p>	<h3>6. Demographic</h3>
<ul style="list-style-type: none"> • 6 Attendees are current home owners - would consider to rent out rooms to age in place • Interested in Co-Housing, with private studio, private bath, shared space • 4 Attendees live in age appropriate SFH • Sharing options would make care affordable • Interested in community setting & co-housing with stimulation 	<ul style="list-style-type: none"> • Private bathroom • Private bedroom • Reconfigure existing home • Stay in own home • City codes to support AIP for Homes & Community • Creating a Senior Activist Group (increasing and update knowledge) 	<p>Total Attendees: 21</p> <p>Male: 6 Female: 15</p> <p>Age Range:</p> <p>31 - 40: 1 41 - 50: 1 51 - 60: 4 61 - 70: 4 71 - 80: 5 81 - 90: 1</p> <p>Marital Status:</p> <p>S: 6 M: 8 D: 2 W: 1</p> <p>Children:</p> <p>Yes: 8 No: 9</p>