



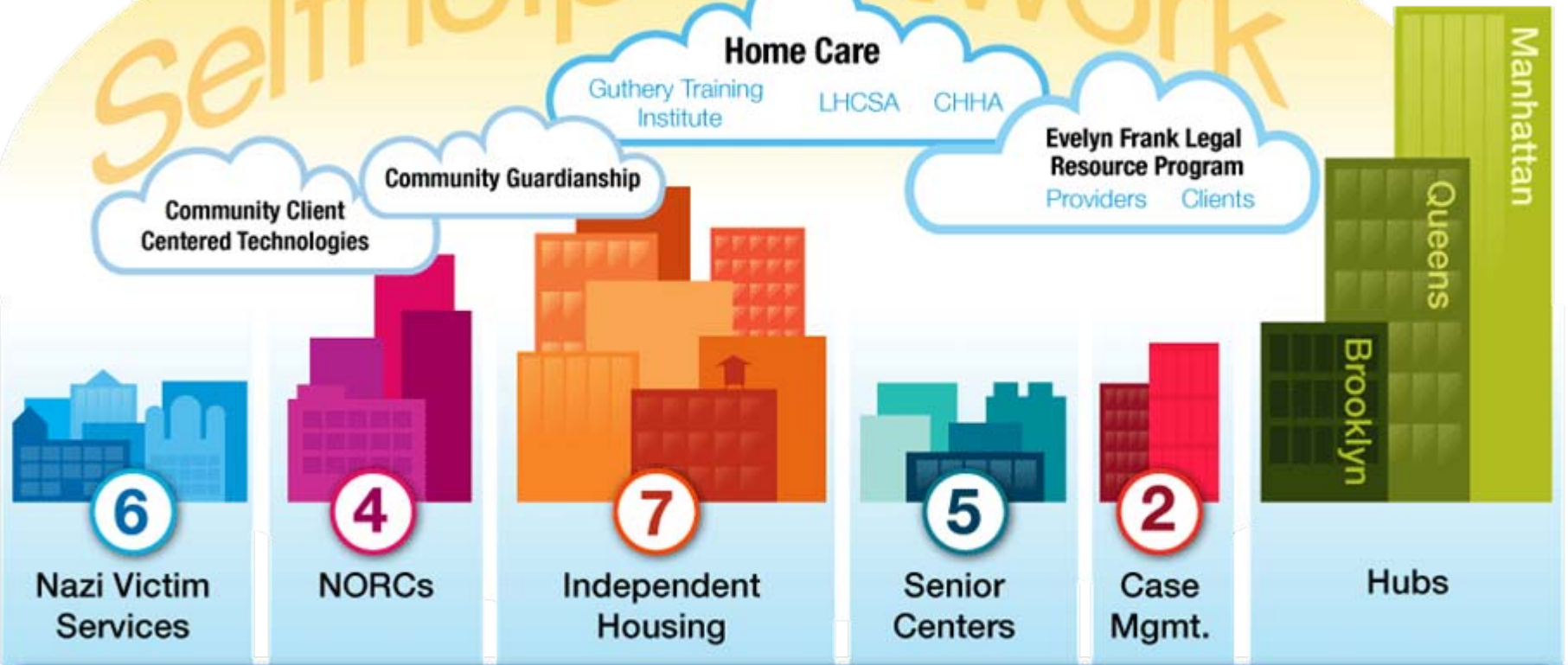
**What's Next for Senior Supportive Housing?**

***Supportive Housing Network Annual Conference***

***June 7, 2012***



# Selfhelp Network



Comprehensive Spectrum of Services to Support Aging Independently in Place

## Selfhelp's Senior Housing - Overview

- Selfhelp apartments allow seniors to live independently
- Apartments and building common areas are bright, air conditioned and well maintained
- All buildings feature an on-site Social Worker
- All buildings are handicapped accessible
- Buildings are convenient to Selfhelp Senior Centers
- Buildings are convenient to neighborhood shopping
- Computer Learning Centers
- Buildings provide residents the opportunities for recreational, educational, and social activities
- Four of our buildings have low income housing tax credits
- Two are Section 202/PRACs
- We own over 900 units with over 1,200 residents

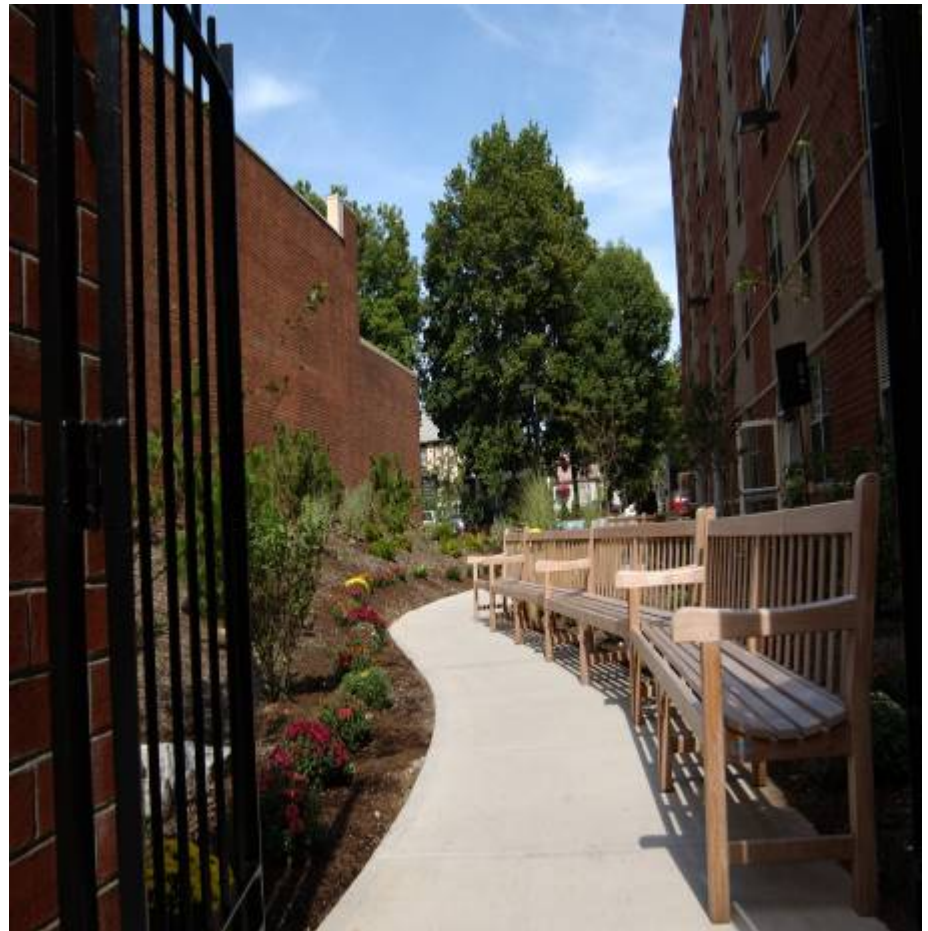


## Campus Setting

**The grounds surrounding all the Selfhelp buildings are comparable to a college campus**

**Beautifully maintained gardens, trees and green grass create a colorful atmosphere**

**Benches and tables on the campuses provide a safe place for residents to socialize and enjoy the scenic setting**



# Selfhelp's Residents – Independent Living

The average Selfhelp resident is 80 years old and has the capacity to live independently. Few have late stage ADL limitations, but age, low income, and existing chronic conditions place the resident and overall population at high risk for hospitalizations and emergency room visits.

- 80% receive rental assistance
- 30% have some chronic condition (self reported by residents)
- 65% of those receive SSI
- 65% receive SNAP
- 5% receive Emergency Assistance
- 80% Medicaid

Resident self-reported health issues:

- Falls (multiple times)
- ER and hospitalizations
- Diabetes, CHF and hypertension



Multicultural residential communities challenge staffing models and interventions:

- Chinese speakers 36%
- Korean speakers 18%
- Russian speakers 23%

# Selfhelp's Residents – Independent Living

Today's typical services to residents - if and when the resident asks:

- Information and Referral
- Entitlements screenings/application/advocacy
- Health presentations
- English as a Second Language (ESL)
- Exercise classes, Wii bowling, movies, games, bingo, coffee hour
- Current events, spiritual group, chorus, book club, parties, intergenerational
- Volunteer opportunities
- Technology

## Housing with Services: New York State Issues

In 2004, the Assisted Living Reform Act went into effect in New York State; regulations implementing the Act were promulgated in 2008.

The regulations require licensing for any facility with five or more adults who reside in a facility where on-site monitoring and person or home care services are provided by a non-related entity.

- Independent senior housing cannot provide, arrange for or coordinate personal care services
- Offering more than two services, e.g., recreation, meals, supervision or case coordination and where more than 50% of residents receive home care/personal care services, requires licensing
- Includes NORCs, CCRCs, public and publicly assisted multi-family housing, and independent senior housing
- Section 202 properties are exempt from this requirement

Owners of independent senior residences, such as Selfhelp, do not always know what services can or cannot be provided by them to their residents.

Providing health care or personal care licensed services would trigger assisted living licensing; receiving feedback from technology devices is also not permissible.



## **Housing with Services: New York State Issues (continued)**

**LeadingAge NY is sponsoring legislation to clarify and define “Housing with Services”; the new language amends the 2004 Act to acknowledge that all senior residents living in independent housing have the right to choose home/personal care without the facility needing a license.**

**Current interpretation of existing law indicates that owners can provide:**

- **Transportation and meals, if not considered to be health care required**
- **Technology to monitor wellness of residents**
- **Entitlement and benefit counseling**
- **Education and referrals**



# A Perspective on the Range of Aging Services



# Selfhelp's Vision for Technology-enabled Care Delivery – Selfhelp's Virtual Senior Center



## SERVICES

- Socialization
- Civic Engagement
- ADL/PERS Monitoring
- Vital Sign Monitoring
- Medication Management
- Care Coordination
- Virtual Provider Visits



## SENSORS



## RESEARCH

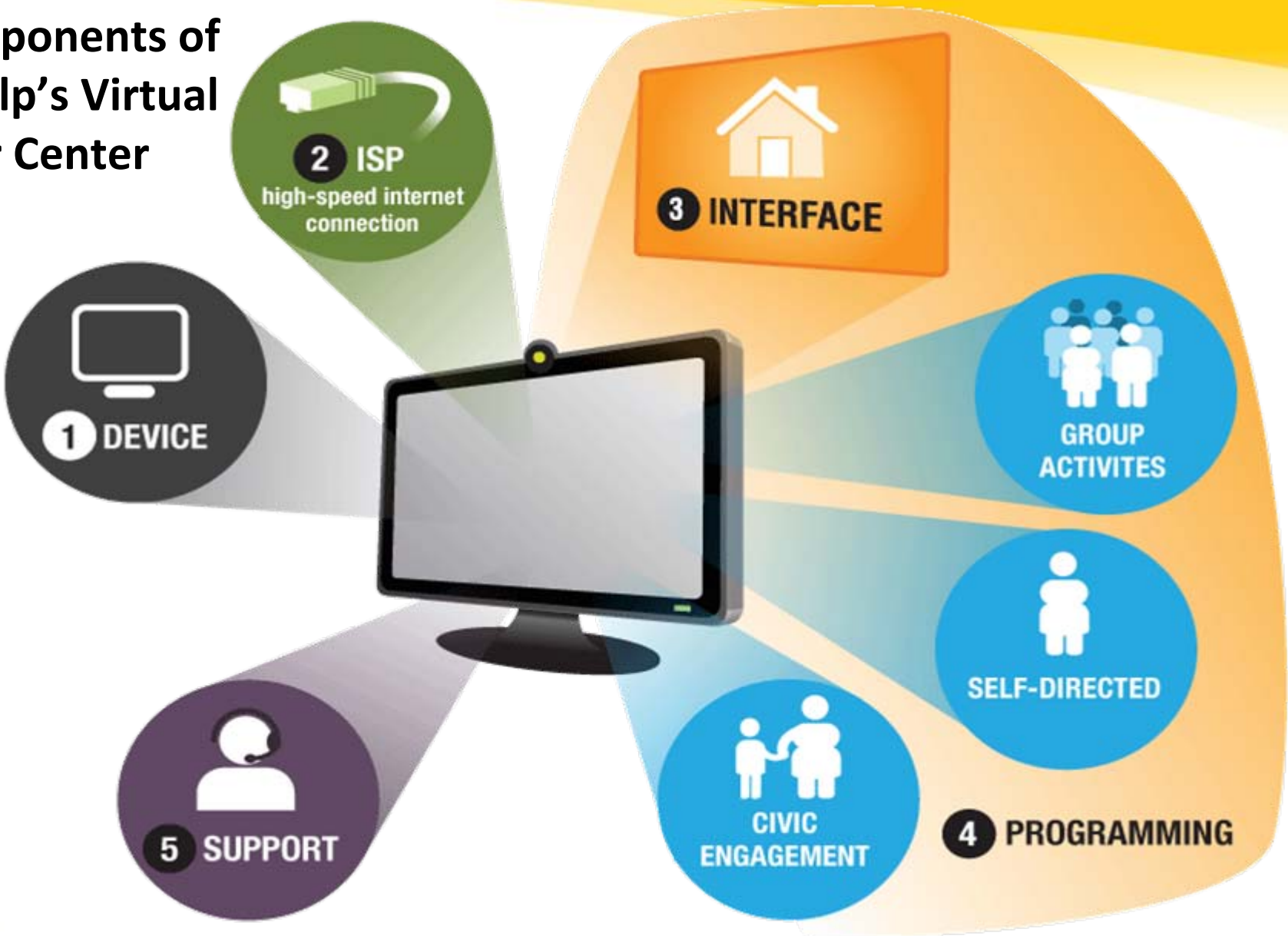
- System Analysis
- Aggregate Data Collection (No PII)
- Consumer Satisfaction
- Occurrence Analysis
- Trend Analysis
- Senior Panels
- Insights & Opportunities



## INTERVENTIONS

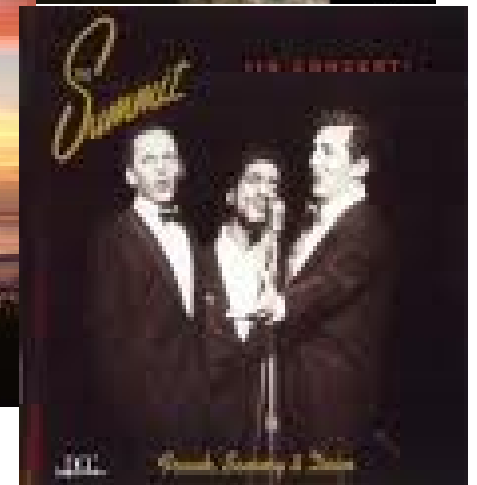
- Mass Personalization
- "Funify" Wellness  
(Individualized strategies & actions to promote healthy behaviors and improve chronic conditions)

# 5 Components of Selfhelp's Virtual Senior Center



# VSC Curriculum

- Computer art
- Tai-Chi classes and videos
- Landmark concerts
- Current events
- Toward self acceptance and growth
- Reminiscence
- Alert and alive
- Arm chair yoga
- Calligraphy
- Line dancing
- Ping pong

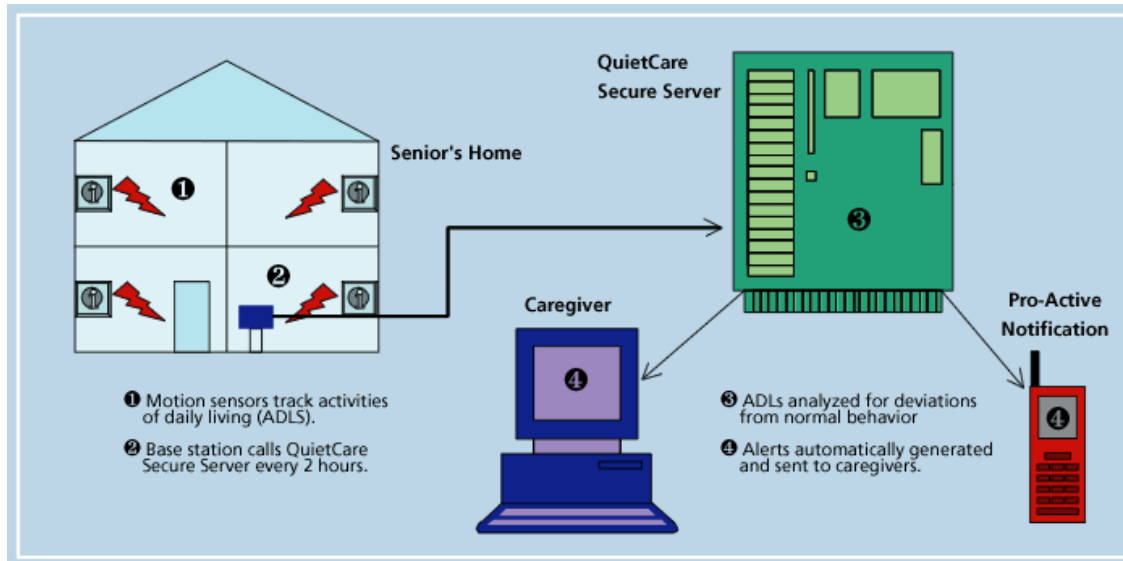


## Adele (age 103)

- **“When I first got my computer,” says Adele, “I wanted to throw it out the window. But I have found many good uses for it.”**
- **Adele, who earned a B.A. in fine arts at the age of 83, learns computerized art techniques, “attends” Sabbath services, enjoys current events discussions, connects with family in California and updates her own opinionated video blog...**



## QuietCare (Living Independently/GE Healthcare)



**Selfhelp pilot tested and subsequently implemented sensor-based behavioral monitoring systems in apartments within its housing complexes and NORCs to monitor residents' behavior and alert family members and caregivers to potential health issues**

# Remote Monitoring of Health Data – Telehealth and Health Kiosks

Selfhelp participated in a New York State Department of Health study evaluating telehealth. Remotely collecting health data which is then regularly transmitted from the home to the health care provider (telehealth nurse). Examples:

- Blood glucose
- Blood pressure monitoring
- Weight

Telehealth nurse is alert to changes in the data that may provide early warning of a health problem or signal an impending crisis

Telehealth focuses on the individual's long-term wellness, self-management, and health

Selfhelp has telehealth Kiosks in two of its buildings

- Allows residents to check variety of health related signs
- One central station instead of individual units provides greater coverage and accessibility

# Computer Learning Centers

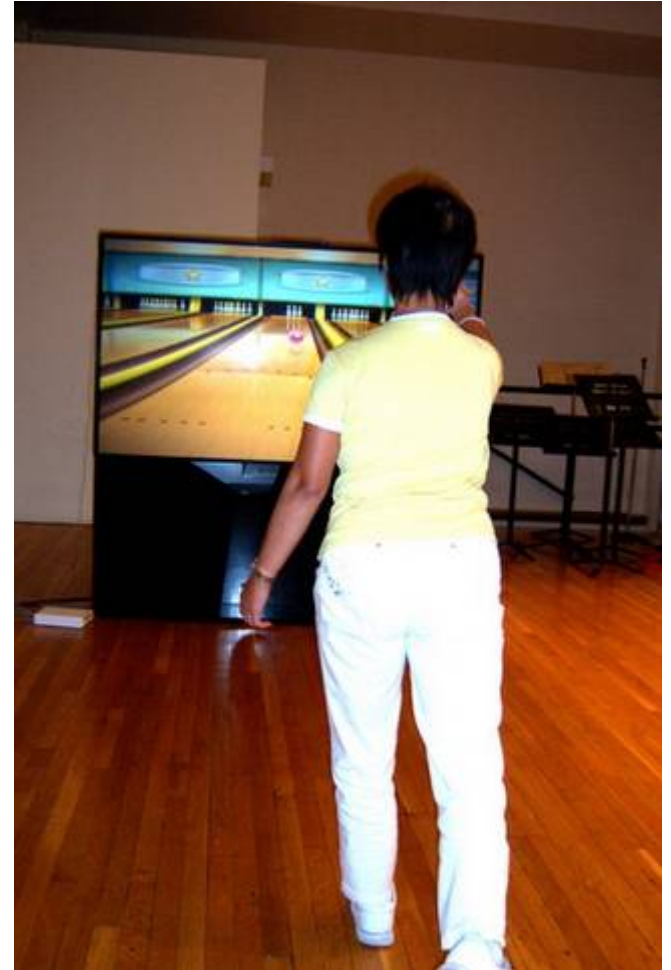
**Selfhelp operates computer learning centers in senior centers and some NORCs and has free-standing PCs in apartment buildings for residents' usage**





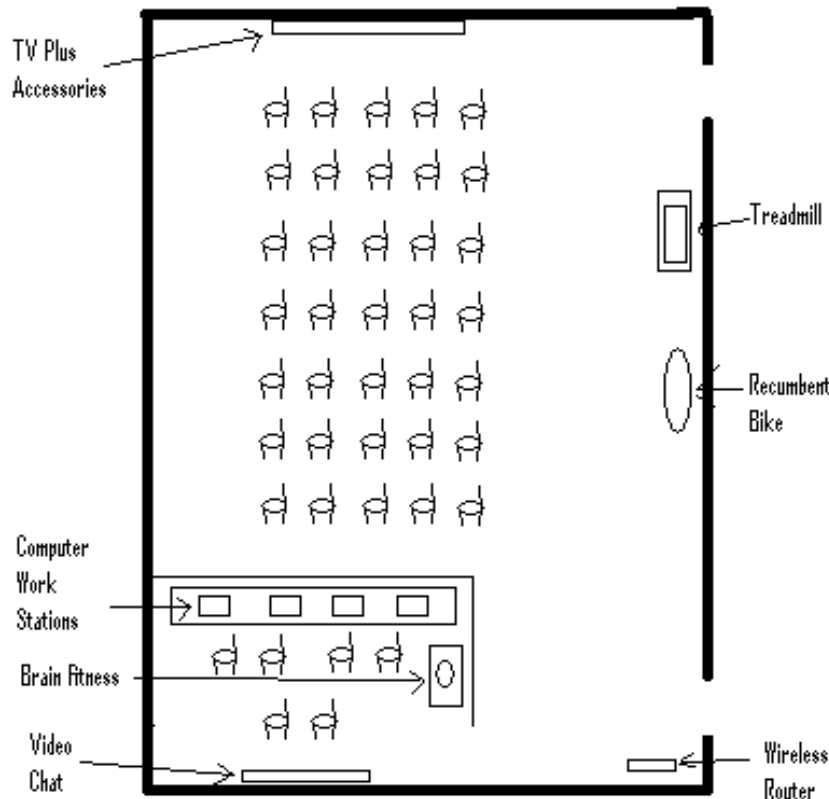
## Nintendo Wii

- Nintendo Wii is a wellness/socialization program
- Bowling, Tennis, and Golf are participants' favorite games
- Cross Country bowling leagues



# Our Seventh Building Under Construction

## Technology Enabled Community Room



### Specific Applications

#### TV Plus Accessories

- 52" LCD TV
- Nintendo Wii Plus Accessories

#### Computer Work Stations

#### Video Chat

- Family Virtual Visits
- DVD Player

#### Brain Fitness

- Dakim Brain Fitness Program

#### Treadmill

#### Recumbent Bike

#### Wireless Router

# One Bedroom Smart Apartment



All measurements are approximate.

## Applications Applicable to All Rooms:

- ADL Monitors (wireless sensors)
- Home Automation/Automatic Lighting
- Vital Signs Monitoring
- Wireless Internet
- Pull Cords/Pendants
- Digital Signage
- Cognitive Stimulation/Brain Fitness
- Grab bars
- Anti-Scalding Faucets
- Appliance Sensors
- Stove Top Sensors
- Overflow-proof sinks/tubs
- Adjustable Toilets
- Wellness Center – Recumbent Bikes
- Medication Management Tools
- Sleep/Bed Sensors