

Baby Boomed: Healthy Aging in Supportive Housing

*The Supportive Housing Network of NY
Conference*

Thursday, June 13, 2019



Today's Presentation

National
Demographic
Data/ Service
Enriched SH

CSH's Healthy Aging in SH

ProjectFIND
Enhanced Services/
Community
Partnerships

Housing & Community
Medicine Partnerships

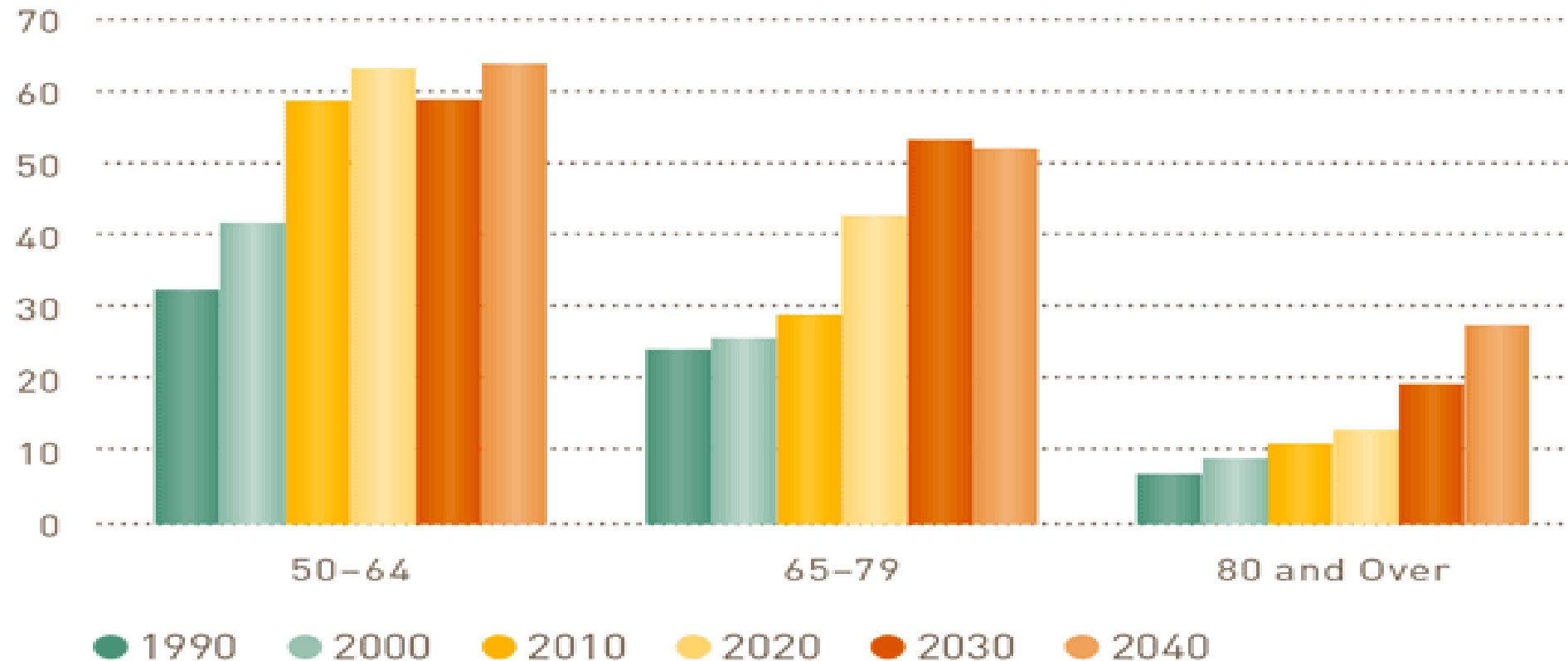
CSH's Focus On Aging Adults

- Older Adults with Housing & Service Needs Wishing to Age-in-Community
- Includes Adults 50+
 - *experiencing homelessness,*
 - *inappropriately institutionalized, or*
 - *currently aging in place in SH who desire to age healthily and safely in their own homes for as long as they are able*
- SH seen as ideal solution to address needs of aging tenants with adaptable housing models and flexible service packages

Aging Population Projections

The Older Population Is on Track to Increase Dramatically

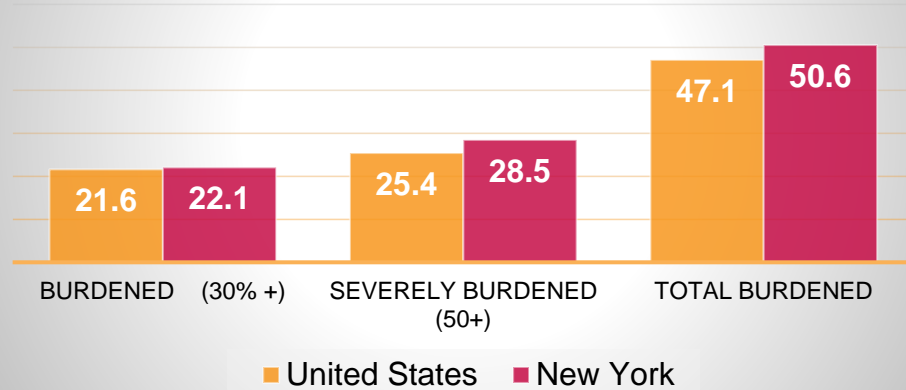
Population by Age Group (Millions)



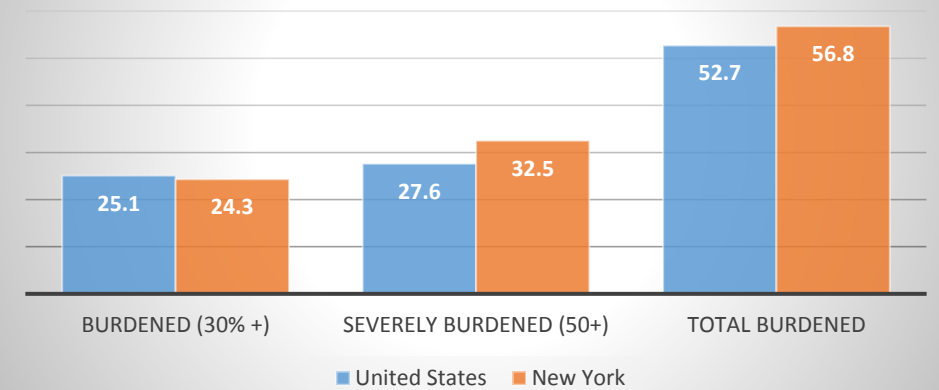
Source: US Census Bureau, Decennial Censuses and 2012 National Population Projections (middle series).

Cost-Burden Rates for Renters 2016

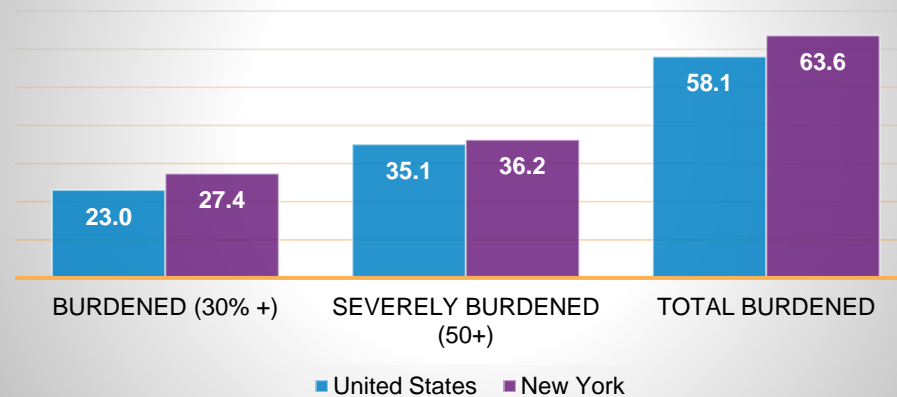
Housing Cost Burden Rates for Renters (Aged 50-64): 2016



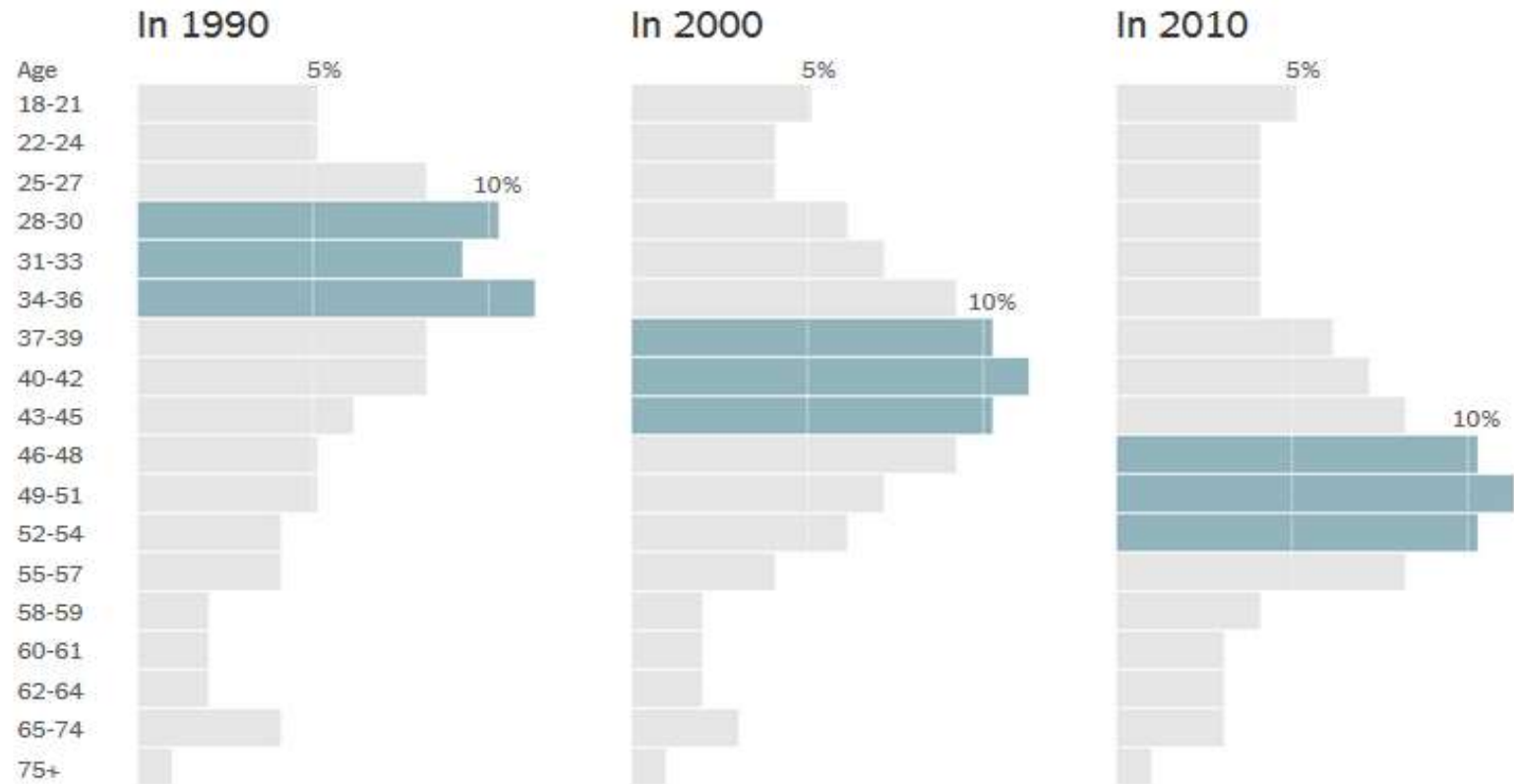
Housing Cost Burden Rates for Renters (Aged 65-79): 2016



Housing Cost Burden Rates for Renters (Age 80+): 2016



% of Older Adults in Homeless Shelters



Sources: Dennis P. Culhane, University of Pennsylvania; U.S. Census Bureau Decennial Census Special

By The New York Times

Aging & Homeless in NYC

DHS DATA DASHBOARD - FISCAL YEAR TO DATE 2019

DHS DATA DASHBOARD - FISCAL YEAR 2019												
Single Adults: Age, Number of Unique Individuals In Shelter												
Age	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19	FYTD 2019	FYTD 2018	FYTD Comparison 2019 vs. 2018	Jun-18	% Change Jun- 2019 vs. Jun- 2018
18 thru 29	3,295	3,353	3,338	3,331	3,326	3,310		3,326	3,020	10%	3,187	-
30 thru 44	5,831	5,905	5,935	6,090	6,106	6,092		5,993	5,304	13%	5,802	-
45 thru 64	9,131	9,122	9,155	9,406	9,369	9,334		9,253	8,518	9%	8,984	-
65 thru Highest	1,350	1,365	1,354	1,399	1,429	1,438		1,389	1,197	16%	1,334	-
Total	19,607	19,745	19,782	20,226	20,230	20,174	-	19,961	18,039	11%	19,307	-

40%
**supportive
housing
tenants are
50+ years
of age**



Photo Courtesy of Brooklyn Community Housing and Services (BCHS) Oak Hall's Aging Program

Homelessness, Health & Aging



Homeless adults 50+ have higher rates of chronic illnesses similar to housed individuals 65+

Homeless adults 50+ are 4X more likely to have 1+ chronic illnesses compared to younger homeless adults

Homeless adults 50+ have geriatric conditions of those 70+ in general population

Those w/ geriatric conditions more likely to frequent ER (4+ times/year) and more likely to be institutionalized

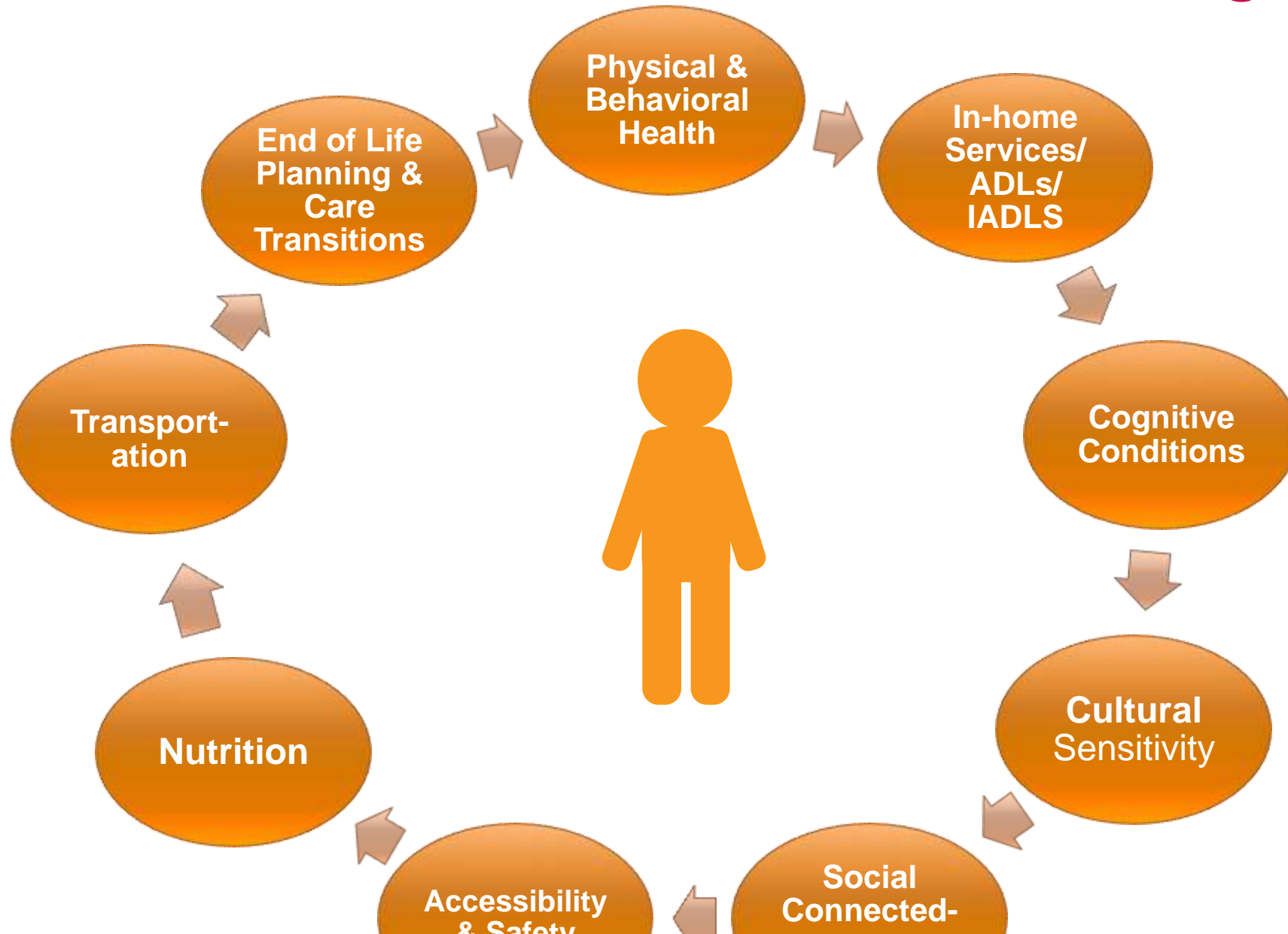
Culhanes et. al Study

- ❑ Examines shelter & health care use of older homeless adults in New York City, Boston and Los Angeles
- ❑ Findings suggest that if nothing is done, by 2030 the homeless population over 65 triples
- ❑ Used a cluster analysis to categorize the mix of services used by homeless seniors, and provides a range of appropriate service models.

<u>Intervention</u>		<u>Annual Housing Cost</u>	<u>Annual Service Cost</u>	<u>Total Annual Cost</u>
Cluster 1	Self-Resolve + Subsidy,	\$4,795	\$1,650	\$6,444
Cluster 2	PSH	\$15,468	\$11,500	\$26,968
Cluster 3	PSH	\$15,468	\$11,500	\$26,968
Cluster 4	PSH + Additional Supports	\$15,468	\$23,000	\$38,468

Enhanced Service Models / Service Enriched Supportive Housing

What is Service-Enriched Housing?



A Strengths-Based Approach to Healthy Aging

- Living longer and fuller lives should be celebrated and not looked upon as a crisis / drain on society
- Honor and recognize the strength and resiliency of aging tenants



The Intersectionality of Age, Race, Health and Mass Incarceration

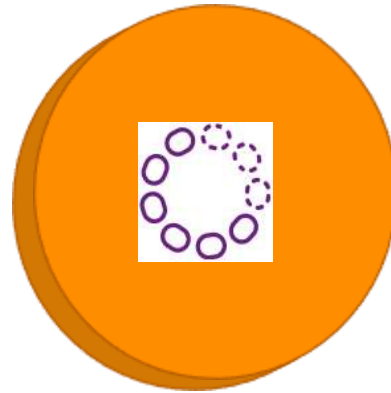
- Between 1993 – 2013, the population of those aged 55+ in state prison increased by 400%
- Disproportionate impact of mass incarceration on African Americans
- Incarceration worsens health outcomes



Impactful Innovations Across the Country Serving Vulnerable Older Adults



**Health Center &
SH Partnerships**



**PACE & SH
Partnerships**



**Service
Enriched
Models in SH**



**Innovations in
Medicaid/
Medicare**

CSH's Healthy Aging Academy

CSH Healthy Aging Academy



The Healthy Aging Academy builds the capacity of housing and human services providers to offer services tailored to meet the unique needs of aging tenants.



The training series includes 6 in-person half-day sessions on targeted topics to understand key aging-related topics and discuss best practices.



Trainings are led by topic-specific content experts and include facilitated discussions and opportunities for case conferencing and peer learning.

Past Academies

2 local, in-person
NYC Academies
50 Participants
34 Organizations

National, web-
based Academy
135 Participants
17 states + DC

*Registration for
NYC 2019
Academy open until
Friday 6/14!*

Please visit the CSH booth for registration information!

CSH Healthy Aging Academy Curriculum

Housing First and Housing-Based Case Management for the Aging and Medically Frail

Recognizing the Differences: Health, Social and Cognitive Changes Among Older Adults

Identifying Signs of Dementia and Providing Trauma Informed Care

Addressing Isolation, Community Integration

Nutrition Challenges for an Aging Tenancy

Navigating Entitlement & Benefit Programs

Serving a Hard to Engage and Medically Complex Population

Fall Prevention

Design Features to Help Age in Place

Understanding Compulsive Hoarding

Emergency Preparedness

Elder Care Law

Building Management and Assessing In-Home & Building Safety

Advance Directives, Palliative Care and End of Life Care Planning



Academy Feedback: In Their Own Words...

Nat'l Aging
Academy
Participants rated it

9 out of 10

"This has been a wonderful resource when completing ESSHI proposal in July, with just a few trainings completed"

- Karen G., Federation of Orgs

"The handouts were very helpful. The speakers were of a high quality"

- Wendy W., BronxWorks

"This training is crucial and imperative to the work that we do, particularly in supportive housing. I believe (strongly) that this training/curriculum should be mandated for all agencies working with senior citizens/older adults"

- David B., Breaking Ground

"Aging Academy was a great learning experience. I consider it an honor to have been selected by my agency to attend and I look forward to bringing all information back to my agency for intensive All Staff training which will be conducted by me and my colleague"

- Shanice J., Jericho Project

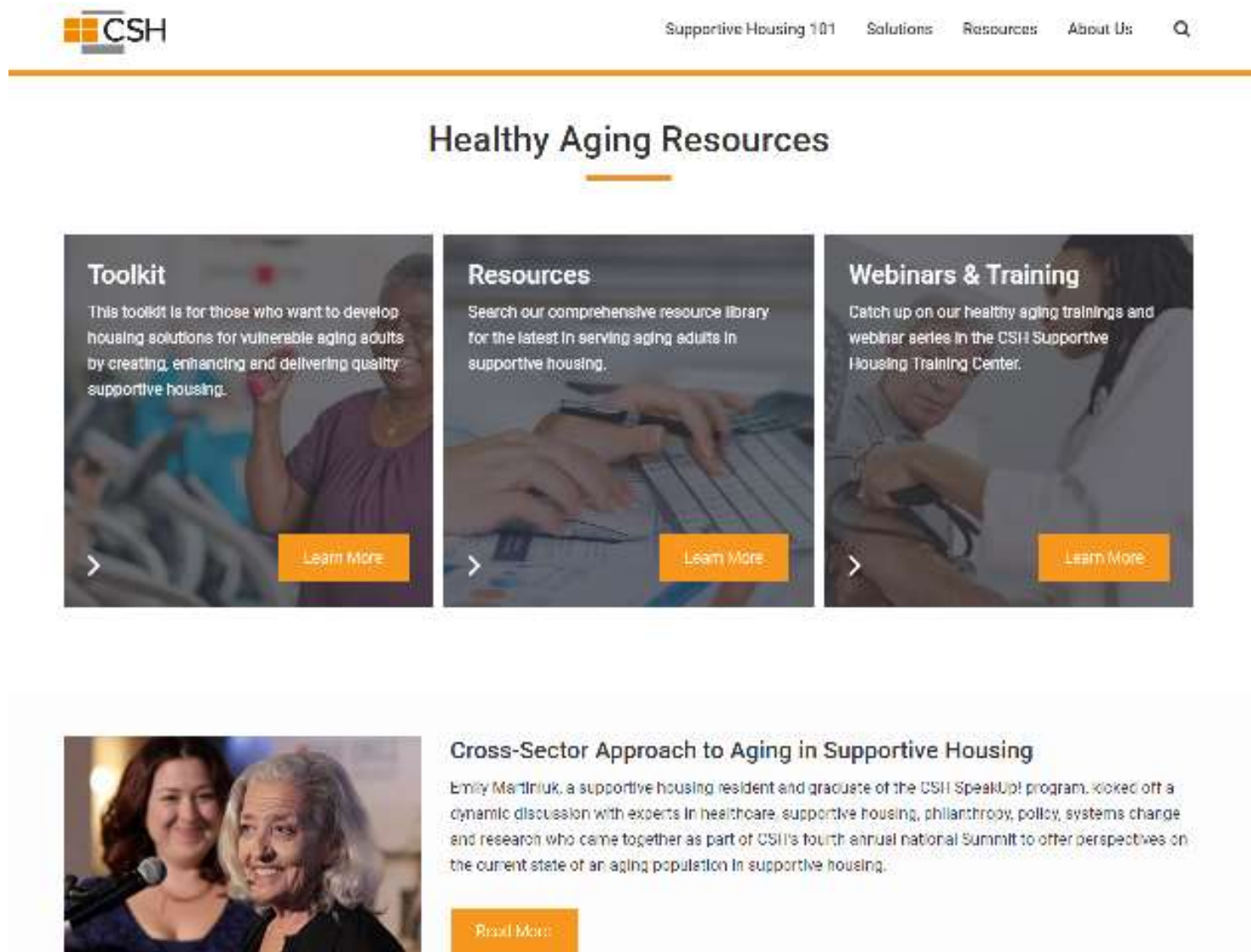
"I learned so much. So many helpful things I will take back to my agency + phase in + implement what I have learned through this Aging Academy. The Academy has addressed a very real + pressing need facing tenants + staff in supportive housing. Thank you"

- Mark D., Goddard Riverside Community Center

Lessons Learned

- Wide need for supportive and affordable housing to be seen through an “aging lens”
- Focus on strengths-based view of aging to empower tenants to thrive
- Need for collaboration between “housing/homelessness” and “aging/seniors” (and other sectors!)
- Focus on diversity and race & health equity

One-Stop-Shop for *Healthy Aging in Supportive Housing* Resources



The screenshot shows the CSH website's 'Healthy Aging Resources' section. At the top is the CSH logo and a navigation bar with links for 'Supportive Housing 101', 'Solutions', 'Resources', 'About Us', and a search icon. The main heading 'Healthy Aging Resources' is centered. Below it are three cards: 'Toolkit' (describing a resource for developing housing solutions), 'Resources' (describing a comprehensive resource library), and 'Webinars & Training' (describing healthy aging trainings and a webinar series). Each card has a 'Learn More' button. Below these cards is a section titled 'Cross-Sector Approach to Aging in Supportive Housing' featuring a photo of two women and a 'Read More' button.

CSH

Supportive Housing 101 Solutions Resources About Us

Healthy Aging Resources

Toolkit

This toolkit is for those who want to develop housing solutions for vulnerable aging adults by creating, enhancing and delivering quality supportive housing.

[Learn More](#)

Resources

Search our comprehensive resource library for the latest in serving aging adults in supportive housing.

[Learn More](#)

Webinars & Training

Catch up on our healthy aging trainings and webinar series in the CSH Supportive Housing Training Center.

[Learn More](#)

Cross-Sector Approach to Aging in Supportive Housing

Emily Martiniuk, a supportive housing resident and graduate of the CSH SpeakUp! program, kicked off a dynamic discussion with experts in healthcare, supportive housing, philanthropy, policy, systems change and research who came together as part of CSH's fourth annual national Summit to offer perspectives on the current state of an aging population in supportive housing.

[Read More](#)

www.csh.org/aging

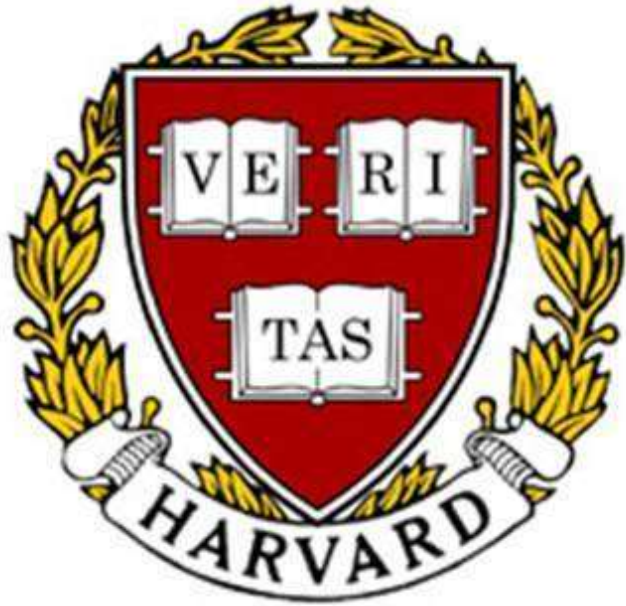
THANK YOU!



stay connected



csh.org



Why the CSH Healthy Aging Academy?

Mark Jennings, MDIV & LMSW

Deputy Executive Director at Project FIND

Transition



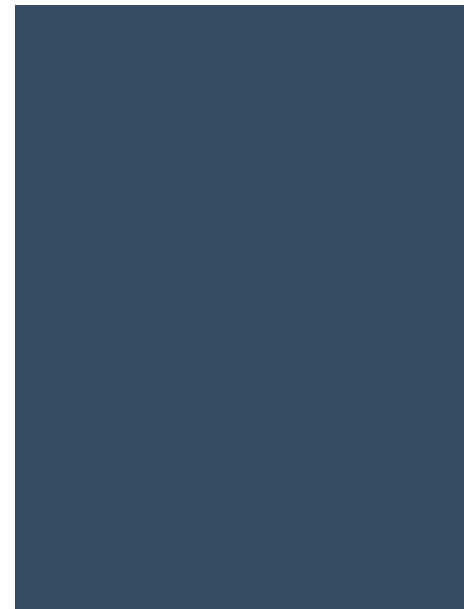
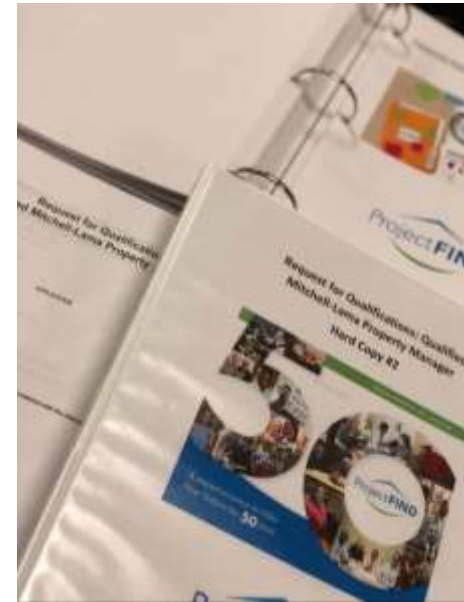
Organizational Assessment – “Listening for Change”

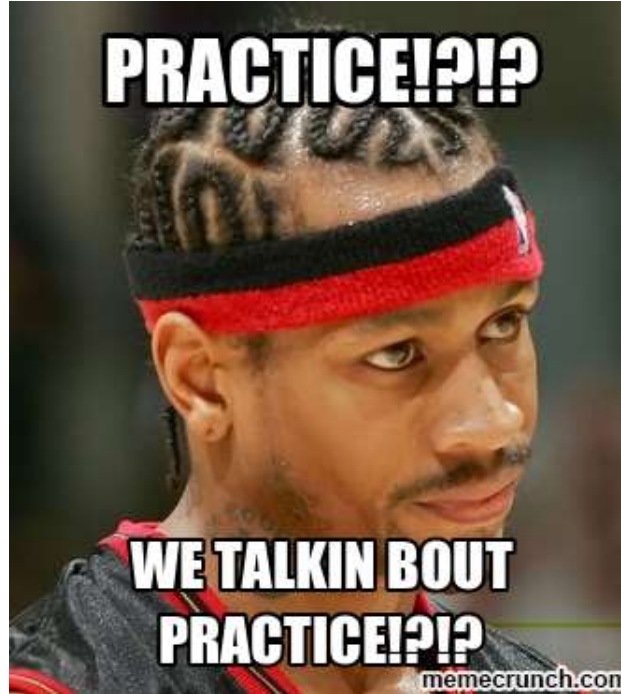


- What are the service gaps?
- Who are the staff?
- Who are our funders?
- What are our goals?
- How are we unique and special?
- What role does the board play?
- What technology do we need?
- Who are our partners?
- Who do we serve?
- What is our voice and standing in the community?

Filtered through the Healthy Aging Academy

- **Service Team**
 - Grief and Loss – staff & tenants
 - Use of Peers in program services for Housing and Homeless In Reach
 - Integrated Health Care Services
 - Community Partnerships and Resources
 - Focus on Thriving Tenants
- **Property Management**
 - Developing formal accommodation strategies
 - Understanding Fair Housing Policies
 - Thinking about aging persons in capital improvements
- **Fiscal**
 - Using Volunteers to offset limited staffing dollars
 - Budget for accommodation costs



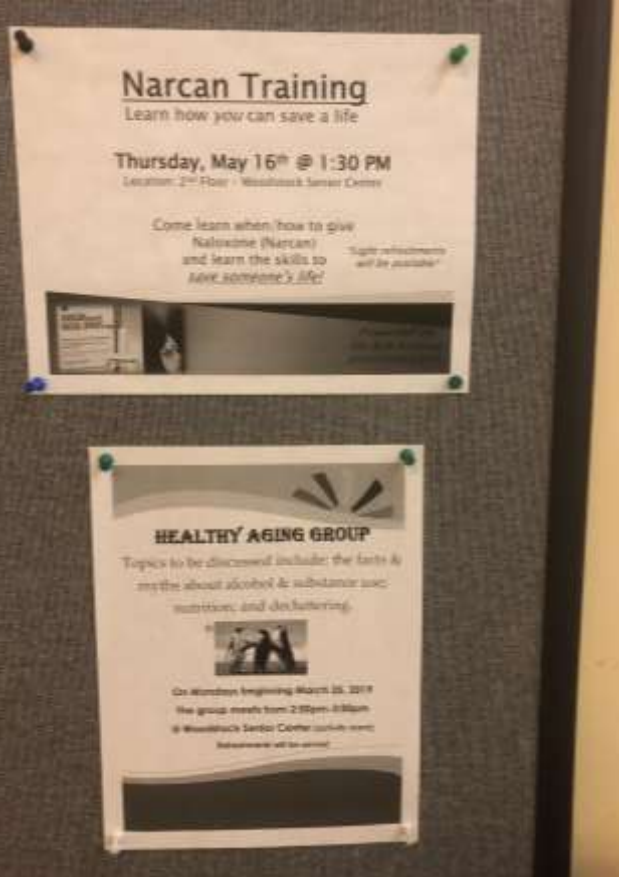


Healthy Aging Academy: Theory to Practice



Fair Housing

Getting in the Door



Staying in their homes: Harm Reduction



Development and Community Partnerships

Hearing Voices: Training Partnership with Community Access



JANIAN

Medical Care

An Affiliate of CUCS

**HOWIE
THE
HARP**
ADVOCACY CENTER

HTH Peer Training Program

Information and Application packet for:

Fall 2018 Term
(Training begins in July 2018)

Howie The Harp's Peer Training program offers a 20 week intensive classroom training and a 12 week internship experience that gives people in mental health recovery an opportunity to use and develop their lived experience into a professional supportive role in mental health services.

To apply, applicants must (at a minimum):

- Have a mental health diagnosis
- Have earned a high school diploma (or GED/TASC equivalent) or more
- Be a resident of New York City

We seek applicants with diverse experiences. People with mental health conditions who also have co-experiences such as a history of incarceration, homelessness, substance use, military service or identify as LGBT, for example, are strongly encouraged to apply.

Application deadline for Fall 2018
Fri May 11, 2018

Howie The Harp Advocacy Center 3596 Adens Clayton Powell Jr. Boulevard, 10th Floor New York, N.Y. 10027
Phone: 212-685-0775 Fax: 212-685-1130 Website: www.construction.org/htb

Project FIND



nyack.edu/rsvp

JOIN US AT THE
SOCIAL WORK OPEN HOUSE
WEDNESDAY, NOVEMBER 28, 2018 • 5:30 PM
2 WASHINGTON STREET • NEW YORK, NY

Come experience our Bachelors and Masters in Social Work!
Testimonies from students and faculty.
Experience a live Social Work class.
Generous grants and scholarships available.

HIR Plus Program

HIR Plus Program

- ✓ **Psychiatrist Identified by Janian Medical with a projected September 2019 start date.**
- ✓ **Working with NYACK College School of Social Work to forge an evaluation process and upgrade the intake workflows**
- ✓ **Working with Nick to upgrade CMS to handle outcome measures**
- ✓ **MSW Intern from NYACK college provided feedback on the implementation of a new aftercare process using an evidenced based practice called Critical Time Intervention (CTI).**
- ✓ **Implemented Bi-weekly meetings to hone our workflows and improve communication**
- ✓ **Peer Specialist Position to be posted by 7/15 with help from HTH**

FRIENDLY VISITORS PROGRAM

10

*Hargrave Tenants
Requested the
Service*

11

*Volunteers from
Forbes expressing
interest*

7

*Total Volunteers
passed
background check*

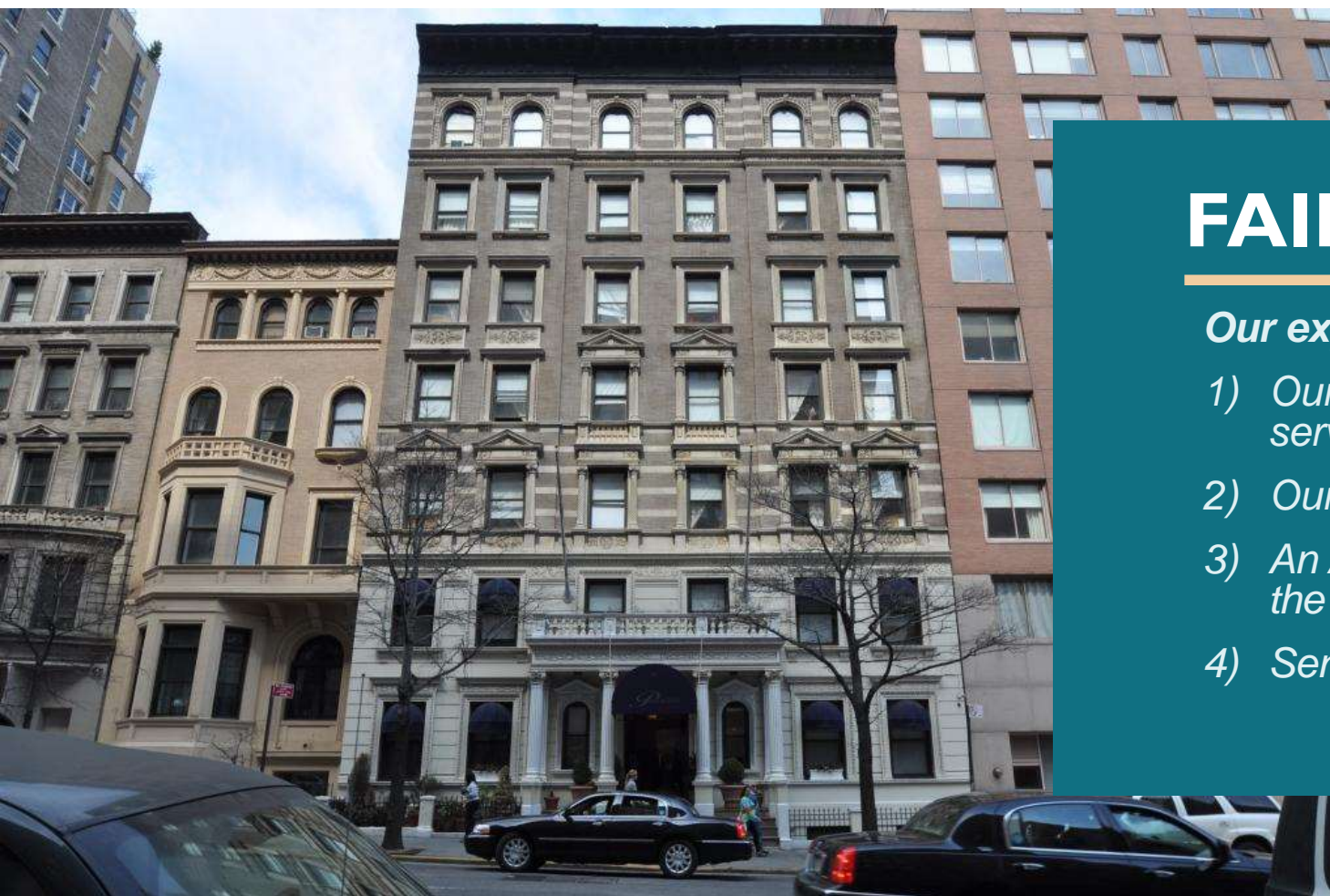
3

*Matches made
between
volunteers and
tenants*

8

*Final number of
tenants who wish
to test the program*

SUCCESS



FAIRSTEAD 79TH Street

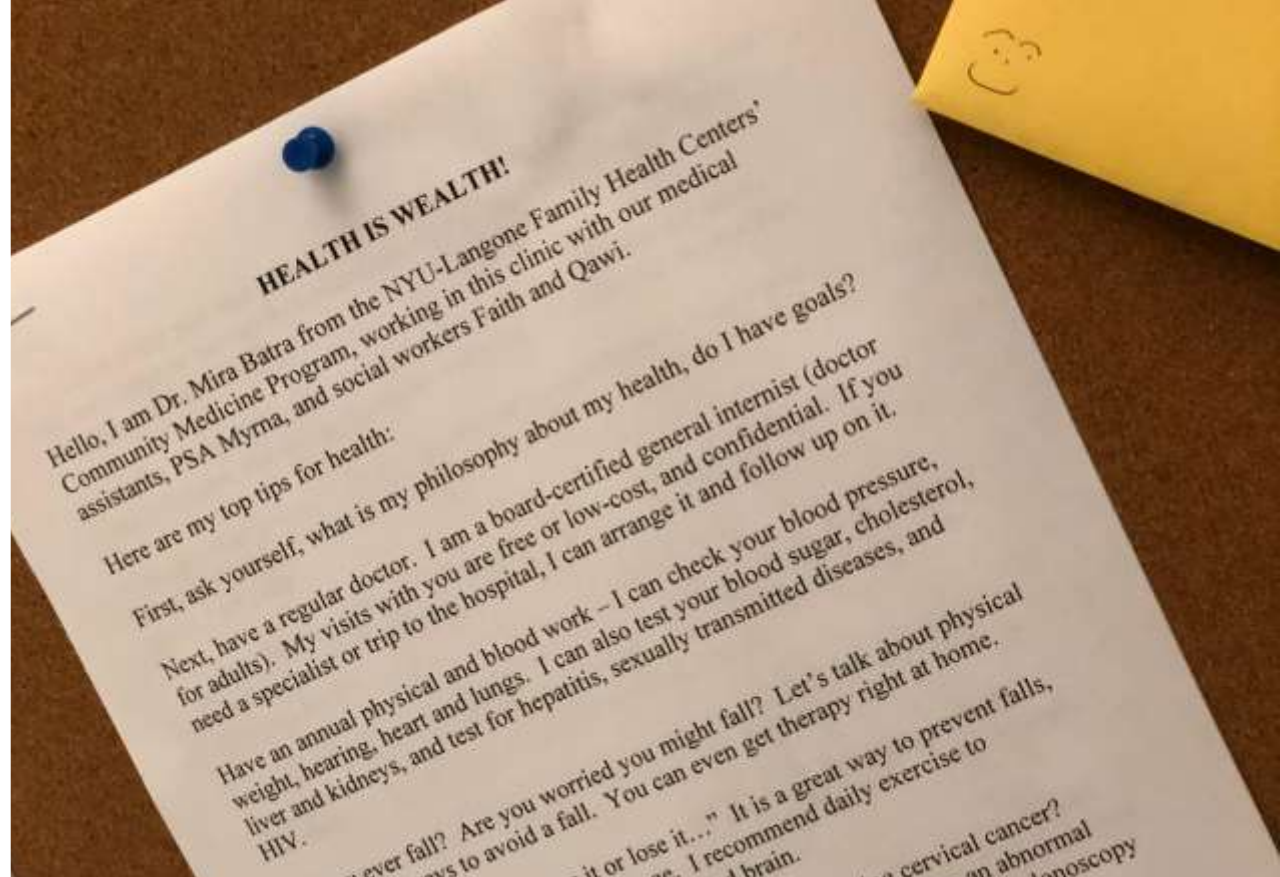
Our expertise has helped with the following:

- 1) Our Woodstock architect is helping with social service space design.*
- 2) Our advocacy helped to install a second elevator*
- 3) An ADA compliant ramp will be installed in front of the building*
- 4) Senior Center Services is a big selling point!!!!*

Caregivers Project – Step One: Assessing the Need



- ✓ **Determined who has caregivers in all of the buildings**
- ✓ **Developed a survey to understand the trends/needs of internal caregivers**
- ✓ **Understanding Current Service Provision**
 - *We visited the Riverstone Senior Life Services in Upper Westside and learned about their senior center, health home and caregiver programs.*
 - *Still to visit with Encore and Presbyterian Services*



Helping Older Adults Through Community Medicine Partnerships

Dr. Mira Batra, MD

NYU LANGONE

Community Medicine: founded in
1969 to care for the underserved,
wherever they are living
Health care pioneer Dr. Philip W.
Brickner – making a home visit



<https://www.nhchc.org/2014/03/in-memoriam-philip-w-brickner-md/>



NYU Langone – Brooklyn Family Health Centers' Community Medicine Program

- Provides primary care in homeless shelters, SRO hotels, and substance abuse programs
- 11 sites with an experienced and varied staff
- Funding: city/state/federal grants, site contracts, and billing insurance plans
- A part of the NYU-Langone Hospital system and its Federally Qualified Health Center
- Clinic operating at Woodstock since 1981
- <http://www.lutheranhealthcare.org/Main/CommunityMedicineProgram.aspx>





The Woodstock Hotel

“Up in the old hotel...”

- Built in 1903
- Operating since 1975
- Located in NYC, in the heart of Times Square, single-room-occupancy (SRO)
- Serves those 55+, extremely low income, formerly homeless
- Uses Housing Stability Model to pair service providers and case managers to ensure tenants retain housing and independence

<http://www.projectfind.org/woodstock>

The Woodstock Hotel

Demographics



Age Data

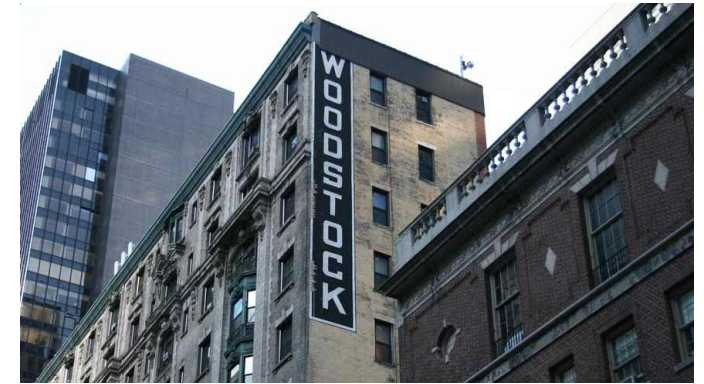
55-59	7%
60-64	21%
65-69	22%
70-74	18%
75-79	18%
80+	14%



Race	
African American	43%
White	37%
Hispanic	17%
Asian	3%

The Woodstock Hotel Demographics

The Woodstock Hotel Demographics



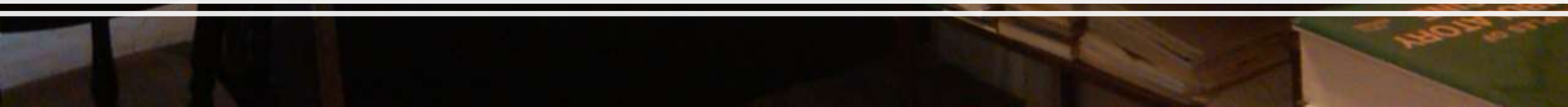
Gender	
Male	75%
Female	25%



Woodstock is full
of life!



'1019' – who we are and
our shared goals with Project FIND



Blood Pressure Screening



Tip of the Iceberg

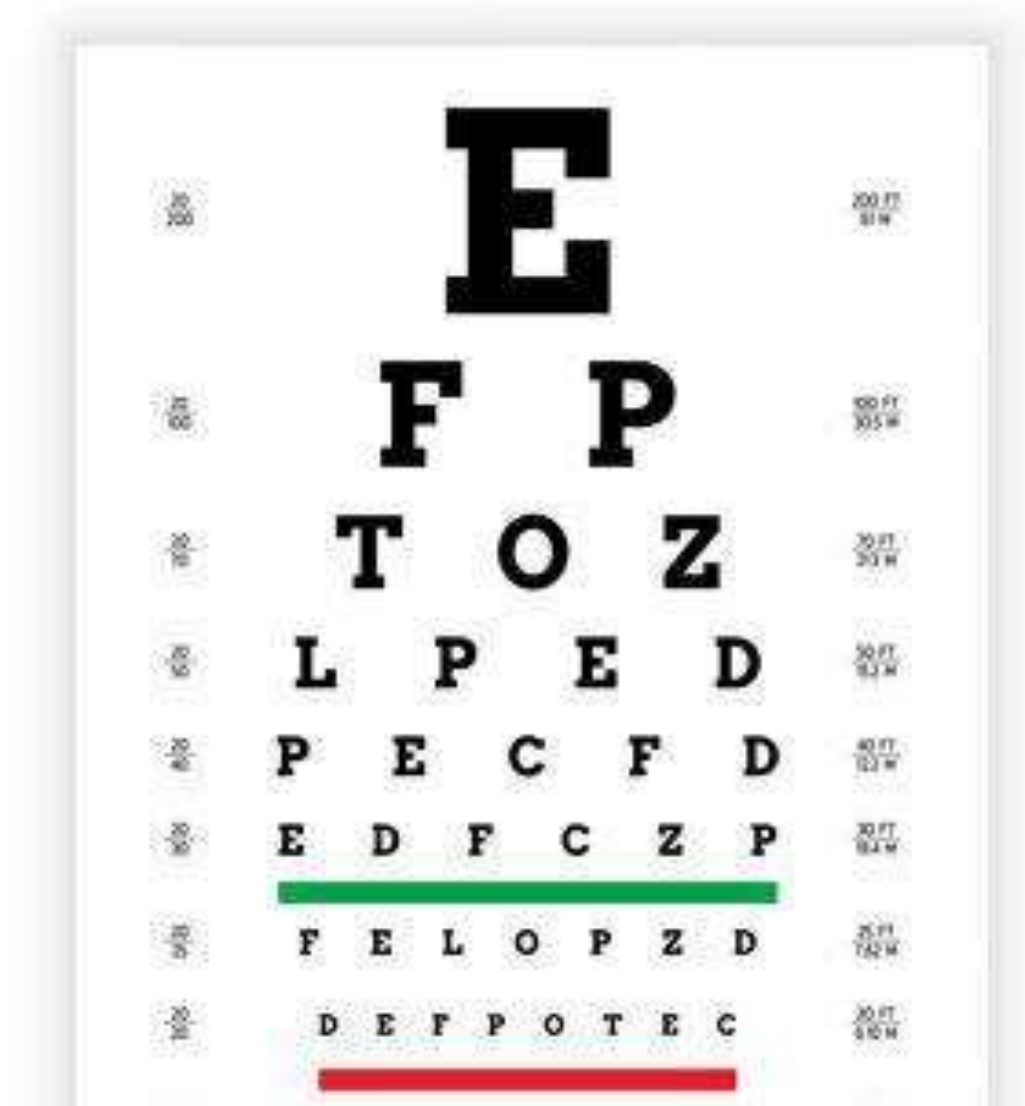
Patient #1 –

Mr. G at the Woodstock Hotel and 'the iceberg'



Patient #1: Mr. G – 'The King'

- Referred by his case manager for weakness, cataracts, and 'failure to thrive'
- His medical and social history
- What we found on home visits
- Collaboration and encouragement



A room at the Woodstock Hotel SRO



Mr. G – the story continues...

- Financial abuse and ‘undue influence’
- Services put in place, ongoing team approach
- His illness worsens, palliative care and hospice
- <https://www.ncbi.nlm.nih.gov/pubmed/24579269>
- <http://nationalhomeless.org/about-us/projects/memorial-day/>





The Woodstock Hotel



127 WEST 43RD STREET

*If you are 60 years old or above
and homeless drop by (Tues-Sun
from 9 am to 5 pm) to Shower, Eat,
Talk, Relax or Simply Renew.*

The holder of this card is entitled to a hot shower, food,
medical care, housing assistance, legal referrals, computer
assistance, travel help, or a safe space to rest and be human.
This card is intended for a homeless person age 60+. If you
do not need this card, pass it on to someone who may.

*learn more about our Manhattan Homeless-In-Reach (HIR)
and DFTA Funded Senior Centers at
www.projectfind.org*

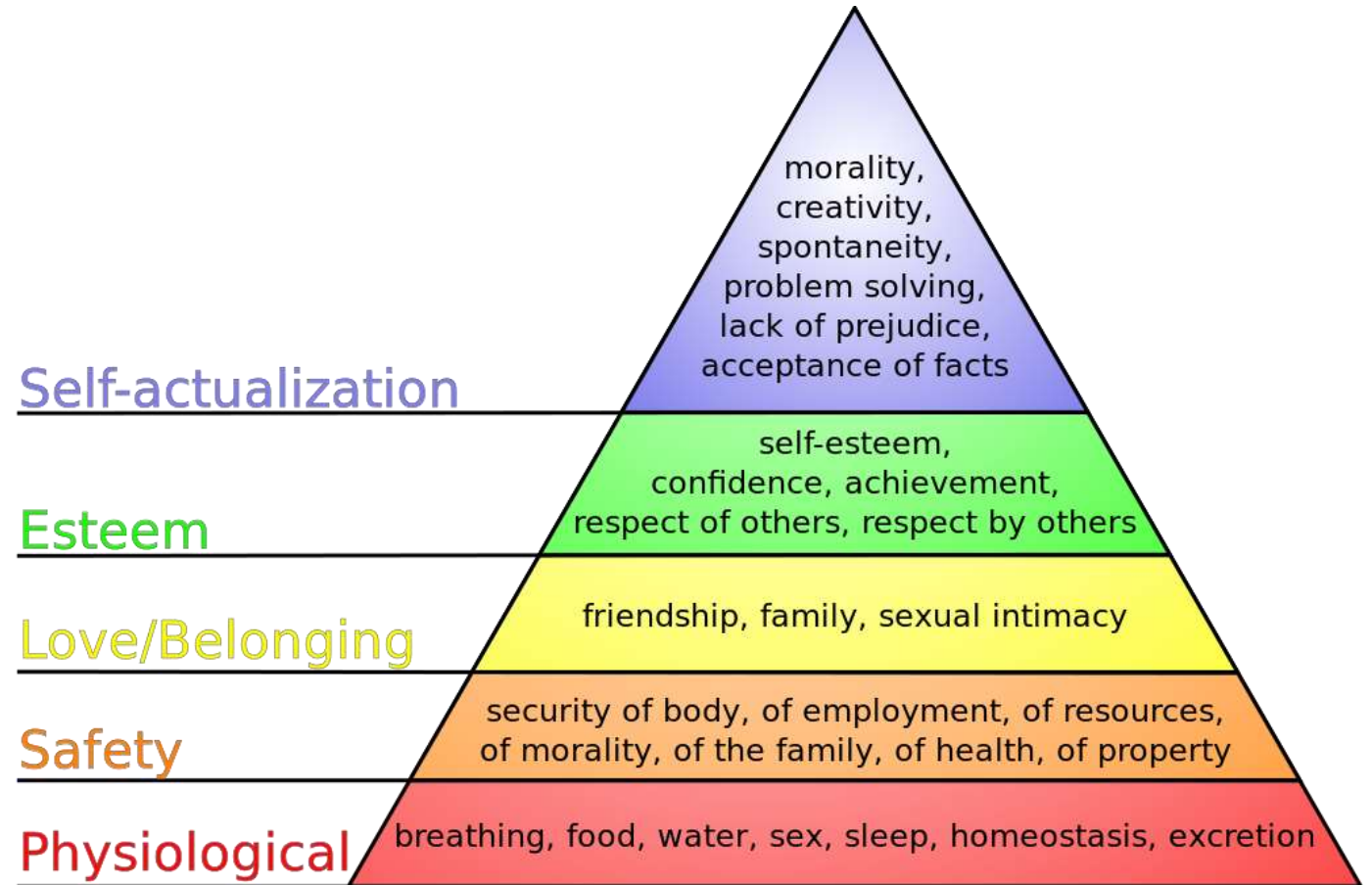
Project FIND



The Homeless In-Reach program at Woodstock - for adults over 60



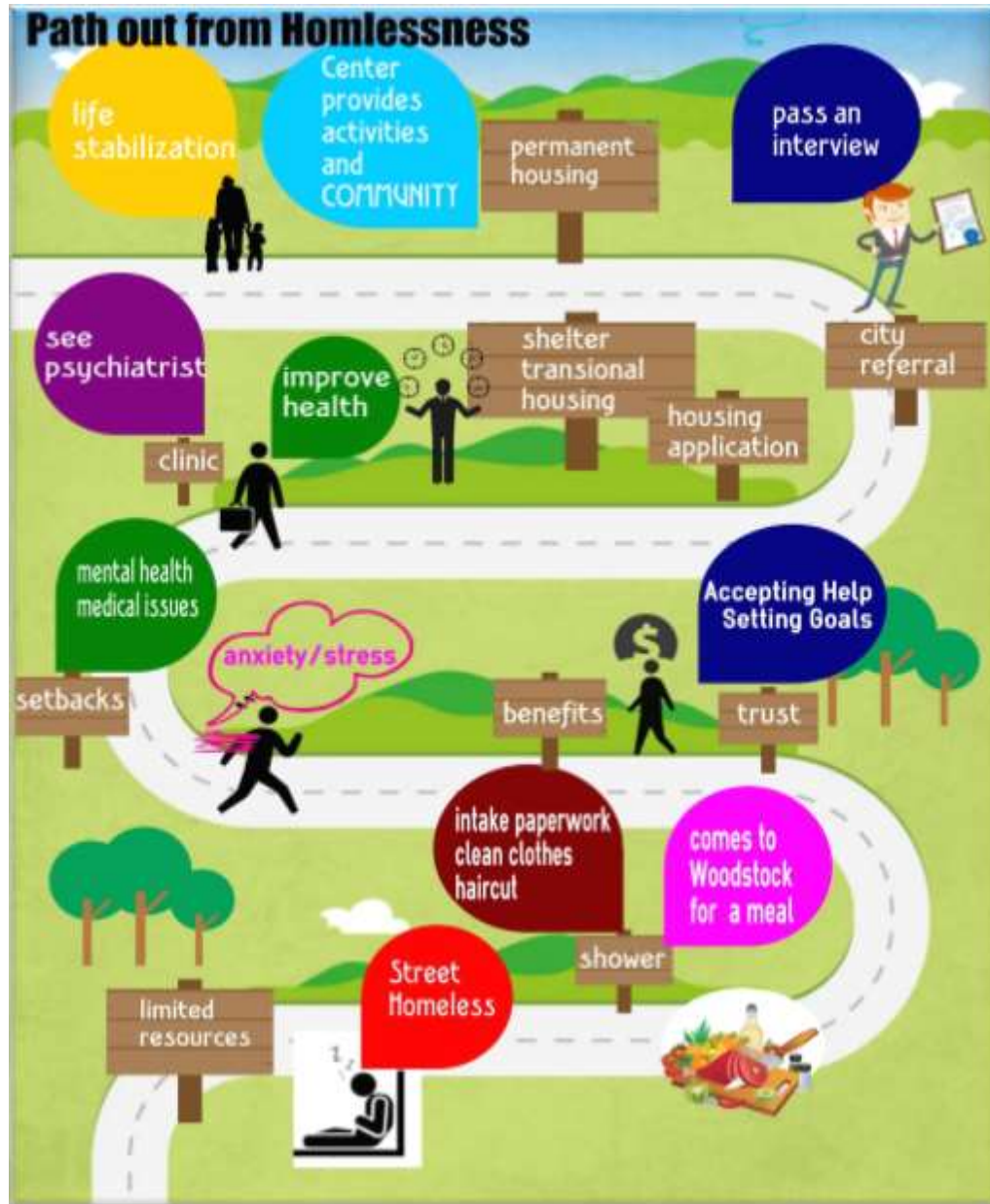
Patient #2: Mr. F: Maslow's 'Hierarchy of Needs'





Mr. F – Street Homeless

- How he became homeless
- His entry to the in-reach program
- Begins care at the medical clinic
- Medical problems from being homeless
- Works with our clinic social worker & nurse
- Establishes clear goals



Project FIND's Pathways to Housing

Mr. F – Climbing His Mountain

- Moves to drop-in shelter
- Continues work on ID papers, legal status
- Medical and psychiatric needs intensify
- Applies to Woodstock Hotel SRO
- Moves in and able to focus on his health
- Ascent up the hierarchy of need
- How is he doing now?





A proud day – Mr. M in his new home

NYC-Lab

Health

My Medical Records



Patient name/Date of Birth: _____
Room number: _____
Social work office located in Room 315 212-730-3259
Hours: Monday - Friday 9:00 AM - 5:00 PM
Name of Case Manager/Social Worker: _____
Physician: _____
WIRE ANY CHANGE IN SERVICES
1100, mibatra@mc.mc.com, 212 221 5748
Ext. Room 1019

RETURN TO CLINIC

discharge summary from hospital/ED or nursing home
name and other info for last primary care doctor, where were they last seen there
list of medical conditions
results (labs/xrays/tests)
of medications in the patients room (if
can't read the label, check all the doctors
Medicare/Medicaid/MHC/pharmacy records, etc...)
name of visiting nurse, managed care
for the office
name of physical therapist, physical therapist, other consultants
current method of transportation, wheelchair, other consultants
any dietary concerns
any dietary concerns
any mobility concerns or
any substance abuse
any mental health/behavior
emergency contact info
name of preferred physician
any friends or family
NOW List of

Knowledge is power!
Some ways to
communicate

1. use

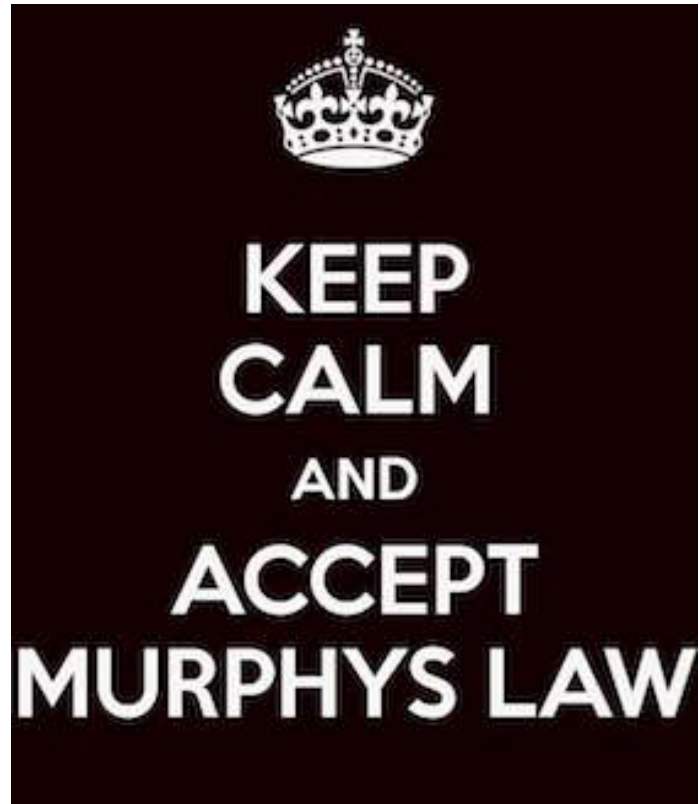
2. use

3. use

LUNCH

Calls

Visitors



Tips from the Trenches..

- Remember 'Murphy's Law' – anticipate!
- Transitions – in and out of hospital, nursing home, and shelter – are key times for visits, coordination, and progress
- <https://www.nhchc.org/resources/clinical/tools-and-support/discharge-planning/>
- <https://acphospitalist.org/archives/2010/08/homeless.htm>

Visit and
keep the
connections
strong!



Some principles...for our work

- Address the 'chief complaint'
- Know thy patient
- Be available, say yes ('4:59')
- Follow up – outreach, outreach, outreach
- Meet clients where they are in life, keep an open mind
- Go slow, respect 'no'
- Credit their losses and their strengths
- Be reliable and 100% trustworthy
- Always listen
- Remember, **you** can make a **difference!**

