



THE BRIDGE



Presented By:
Yuliel Blanco,
Program Director

A large orange circle is positioned on the left side of the slide, partially cut off by the edge. The text 'Our Approach' is centered within this circle in white font.

Our Approach

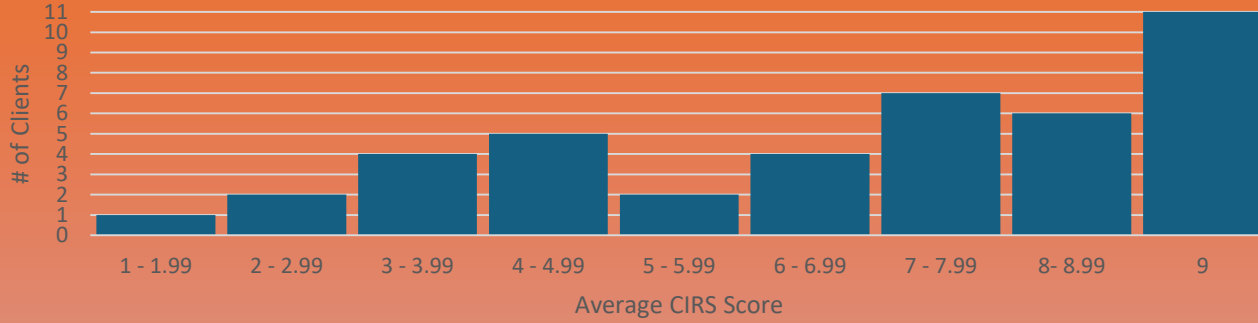
- Program
- Partnership
- People



The
HOME
Team

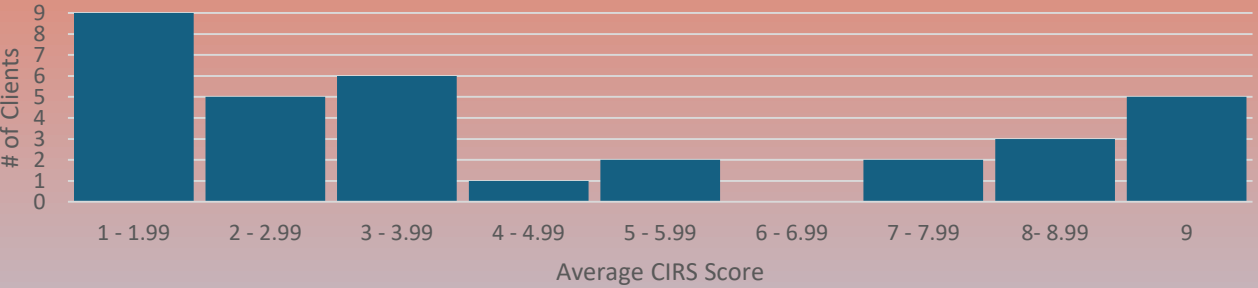


Average CIRS Scores of Clients Referred by Staff



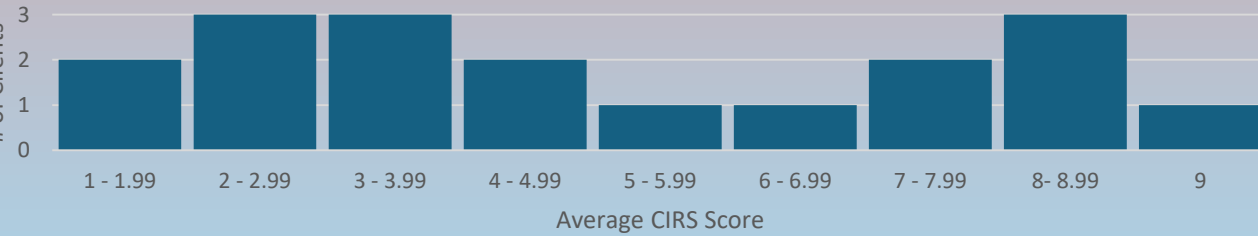
Average: **6.61**

Average CIRS Scores of Clients Referred by CC



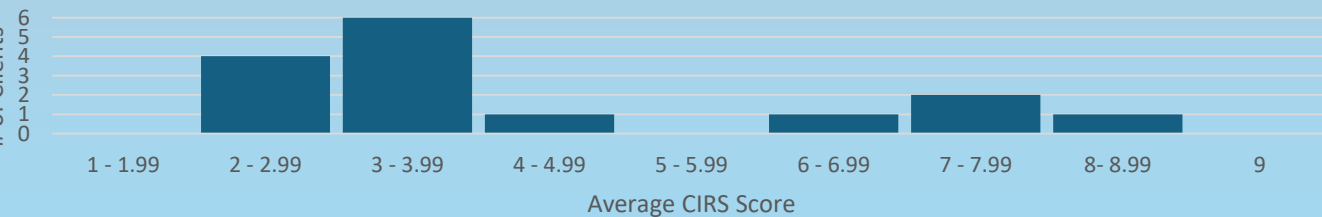
Average: **4.17**

Average CIRS Scores of HOME Assessed Clients



Average: **5.06**

Average CIRS Scores of Clients with Progress Notes



Average: **4.01**

CIRS Scores

Takeaways and Lessons Learned

- CIRS
- Engagement
- Hierarchy
 - Rules



Innovations to Support Older Adults

Selfhelp Active Services for Aging Model (SHASAM) A Trauma Informed Model Supporting Older Adults

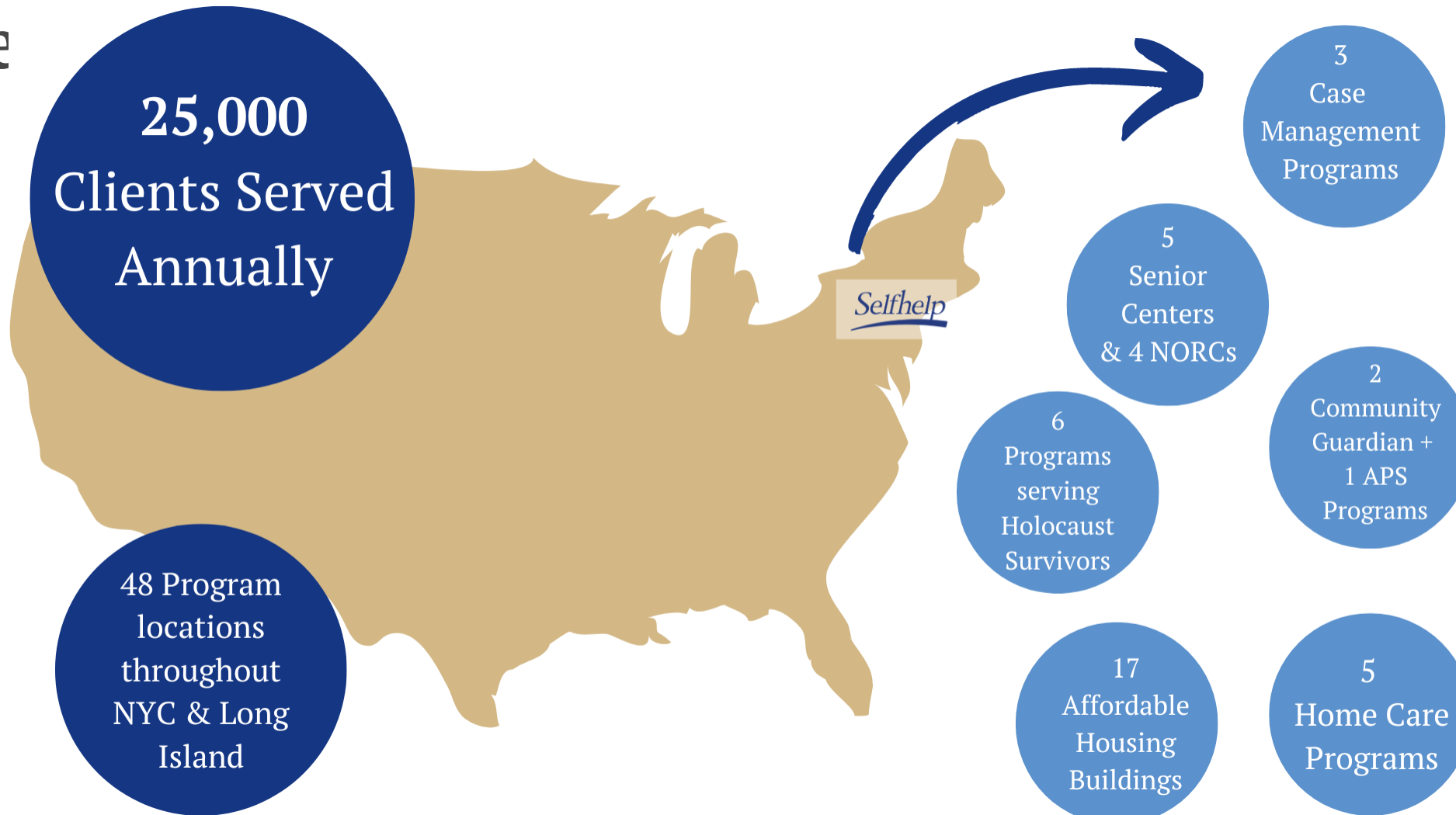
Mohini Mishra, LMSW, Vice President
Selfhelp Community Services, Inc
New York

Selfhelp's Mission

*Selfhelp is a not-for-profit organization dedicated to maintaining the independence and dignity of seniors and at-risk populations through a spectrum of **housing, home health care, and social services** and will lead in applying new methods and **technologies** to address changing needs of its community. Selfhelp will continue to serve as the "last surviving relative" to its historic constituency, victims of Nazi persecution.*

Selfhelp Community Services, Inc Program

Ove



Selfhelp Realty Group

Selfhelp formed Selfhelp Realty Group, Inc. (“SRG”) in June 2018 to continue and expand Selfhelp’s affordable housing activities. The new corporation serves as a holding company to facilitate the structuring and oversight of Selfhelp’s future housing development projects. SRG brings further commitment and expertise to Selfhelp’s continued work in affordable housing for older New Yorkers with an esteemed board of directors with extensive real estate development experience.

Our Housing

- ▶ 19 affordable housing sites for older adults in Queens, Long Island, the Bronx, Brooklyn and Staten Island
- ▶ 1000+ units
- ▶ First housing was built in 1964
- ▶ Most recent building was opened in 2024
- ▶ Home to 1600+ seniors

Our Residents

- ▶ Country of origin : China, Former U.S.S.R/Russia, Korea, Philippines, Armenia, Turkey, Africa, Cuba, Honduras, Ecuador, Dominican Republic, Pakistan, India, Bangladesh
- ▶ Linguistically diverse: Less than 10% have English as their first language. Major languages spoken are Mandarin/Cantonese, Korean, Russian, Spanish, Armenian, Turkish and Hindi
- ▶ Past/current professions : Doctors, Lawyers, Educators, Seamstress, Homemakers, Bakers/Chefs, Accountant, Musician, Painter
- ▶ 65% of residents are female
- ▶ 48% of residents live alone

Our Residents

- ▶ Average age is 80
- ▶ Oldest resident is 105
- ▶ 70% of our seniors are dual eligible (Medicare and Medicaid)
- ▶ 5% of seniors have 24 hours Home Care
- ▶ 12% of seniors go to Adult Day Care
- ▶ Fewer than **2% of residents** transition to nursing homes each year

Selfhelp Active Services for Aging Model (SHASAM)

- ▶ The goal of SHASAM is to **reduce social isolation** and **increase housing stability** by providing the appropriate level of assistance to allow older adults to **remain in their apartments** and not move to more costly settings such as assisted living or nursing homes.

Selfhelp Active Services for Aging Model (SHASAM)

- A culturally competent **social worker** in each building
- Assistance and **advocacy** for all appropriate entitlements and benefits
- **Educational** and **recreational** programming
- **Health** and **wellness** programming
- **Aging services technology**
- **Volunteer** opportunities
- Referrals to partners for **home-delivered meals, home care, subsidized housekeeping, mental health, case management**, and a variety of other services and programs.
- **Best practices**

SHASAM Best Practices



** This image is taken from Substance Abuse and Mental Health Services Administration's (SAMHSA) 8 Dimensions of Wellness Check-in

Services and Practices that will support successful Aging

- ▶ Communication/Trusted Partners
- ▶ Intentional Engagement
- ▶ Culturally and Linguistically Affirming Services
- ▶ Social Determinants of Health
- ▶ Role of Technology
- ▶ Collaborations
- ▶ **Trauma informed Emergency Preparedness**

Plan Ahead and Live Confidently : Your Guide to Advance Directives

- ▶ Create a Safe Environment
- ▶ Build Trust and Rapport
- ▶ Be Trauma- Informed
- ▶ Take a Person- Centered Approach
- ▶ Empower and Validate
- ▶ Use Clear and Compassionate Communication

Plan Ahead and Live Confidently : Your Guide to Advance Directives

- ▶ Provide Support and Resources
- ▶ Discuss Gradually
- ▶ Respect Their Pace
- ▶ Document and Review
- ▶ Recognize and Support Emotional Reactions
- ▶ Professional Training

Thank you!

Mohini Mishra, LMSW, Vice President mmishra@selfhelp.net
Selfhelp Community Services, Inc.



Website: www.selfhelp.net

 @SelfhelpNY

 /SelfhelpCommunityServices

 [@selfhelpcommunityservices](https://www.instagram.com/selfhelpcommunityservices)

Aging Services

- Aging Services Team - specialized social services for people aging-in-place or within senior-specific supportive (and affordable) housing
- Cluster Care - specialized care for older adults with ADL needs who may not qualify for higher levels of care
- Tenant services - promoting social, physical, and emotional well-being through in-house and third-party programming
- Retrofits – ensuring that tenants can age-in-place through physical adaptations of units



Key Takeaways

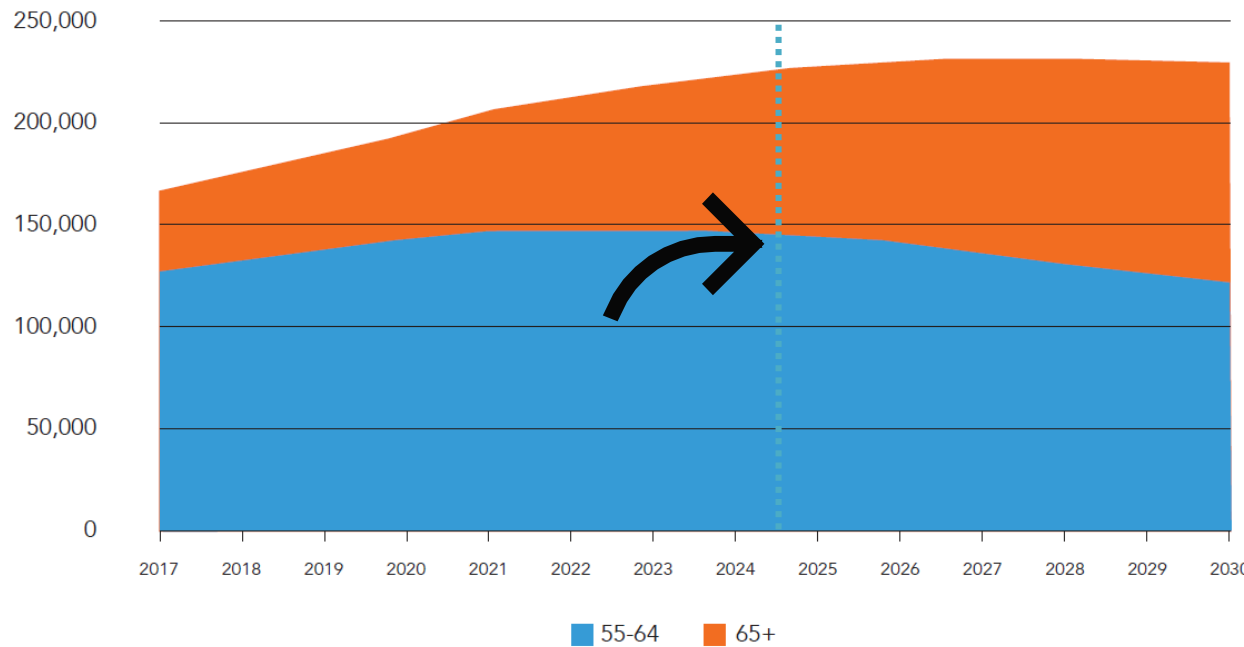
- Be consistent
- Aging look different for everyone
- Provide diverse opportunities and pathways for engagement
- Have difficult conversations early and often
- Don't underestimate your own importance in helping clients and tenants



Aging of People Experiencing Homelessness

National

National Projections of Older Homeless Adults: 2017-2030



New York City

Age 55+, 2011-2030

