

# 5 QUESTIONS TO ASK EVERY OLDER TENANT

- Karen Fortuna, Assistant Professor of Psychiatry, Dartmouth
- Rebecca Heller, AVP, The Bridge
- Wydalis Rosario, Assistant Director of Aging Services, The Bridge

# **DISCLOSURE FOR PROFESSOR FORTUNA**

Social Wellness, LLC and Emissary Health, Inc

# PROFESSOR FORTUNA GRANT SUPPORT



afar

american federation for  
AGING RESEARCH



Japan Agency for Medical Research  
and Development



The New York  
Academy of Sciences



BRAIN &  
BEHAVIOR

RESEARCH FOUNDATION

Awarding **NARSAD** Grants



Dartmouth



COLLABORATIVE DESIGN  
FOR RECOVERY AND HEALTH

# BRIDGE GRANT SUPPORT



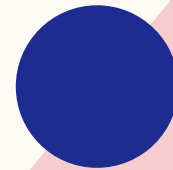
# AGENDA

The Bridge's work

5 questions to ask every older tenant

Key findings & data in practice

Call to action



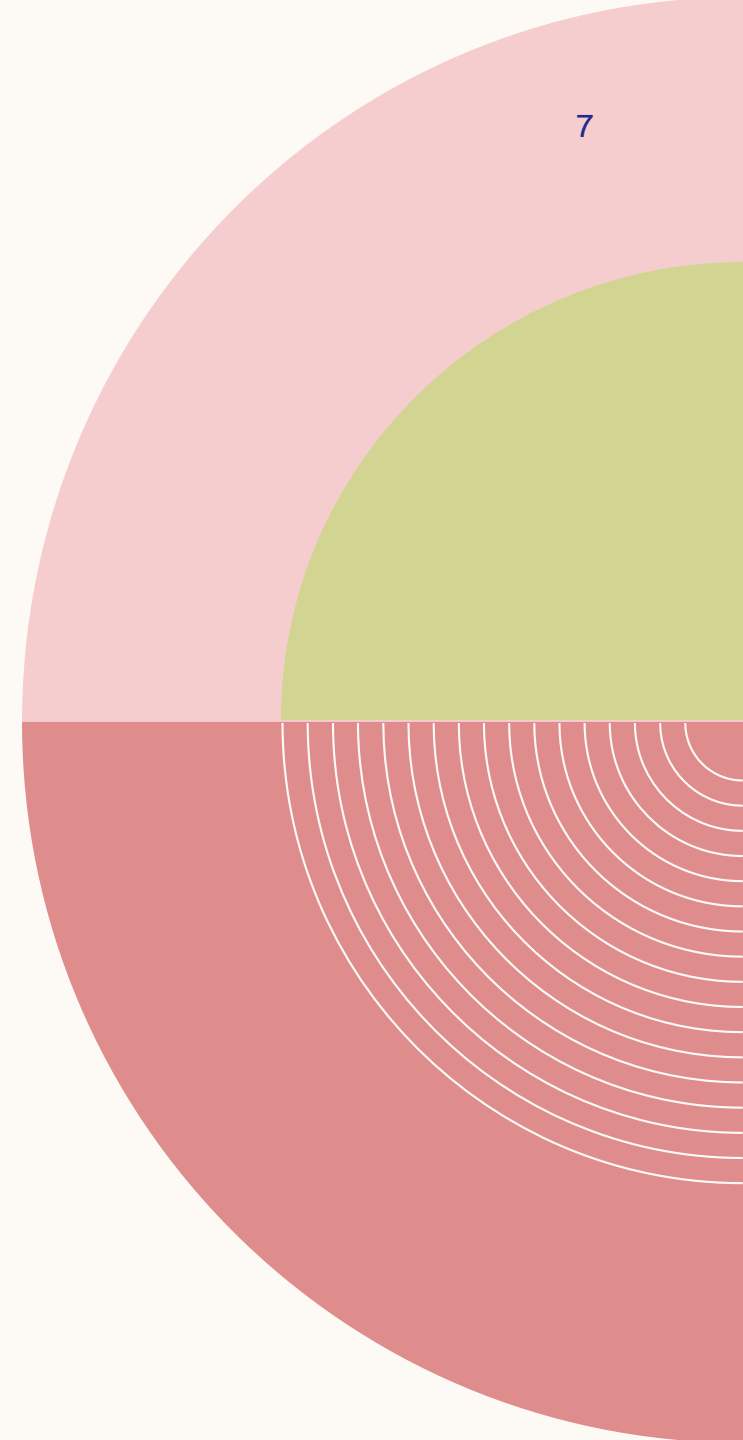
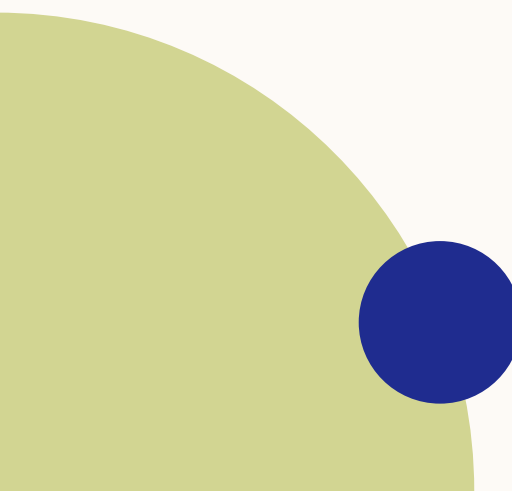


# A STORY



# THE BRIDGE

Older Adult Needs  
Assessment (OANA)



# INDIVIDUAL YES/NO QUESTIONS

- Does the client have unaddressed hearing loss/hearing difficulty?
- Does the client have unaddressed vision loss/vision difficulty?
- Does the client have unaddressed dental issues?
- Does the client need help managing a chronic medical condition?



# ADAPTED U.S. HOUSEHOLD FOOD SECURITY SURVEY <sup>9</sup>

- In the last 12 months, client worried whether food would run out before receiving money to buy more?
  - Often true
  - Sometimes true
  - Never true
- In the last 12 months, the food client bought didn't last, and client didn't have money to buy more?
  - Often true
  - Sometimes true
  - Never true

# UCLA 3 ITEM LONELINESS SCALE<sup>10</sup>

- 1) How often do you feel that you lack companionship?
  - Hardly ever
  - Some of the time
  - Often
- 2) How often do you feel left out?
  - Hardly ever
  - Some of the time
  - Often
- 3) How often do you feel isolated from others?
  - Hardly ever
  - Some of the time
  - Often

# FRAILTY INDEX FOR ELDERLY (FIFE)

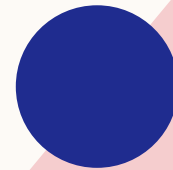
11

- 1) Do you need help getting in or out of bed?
- 2) Do you need help with washing or bathing?
- 3) Without wanting to, have you lost or gained 10 pounds in the last 6 months?
- 4) Do you have tooth or mouth problems that made it hard to eat?
- 5) Do you have a poor appetite and quickly feel full when you eat?
- 6) Did your physical health or emotional problems interfere with your social activities?
- 7) Would you say your health is fair or poor?
- 8) Do you get tired easily?
- 9) Were you hospitalized in the last 3 months?
- 10) Did you visit an emergency room for a health problem in the past 3 months?

# **KEY FINDINGS OF OLDER ADULT NEEDS ASSESSMENT (OANA)**

- 1) Unaddressed hearing, vision loss, and dental issues
- 2) Needed support for managing chronic medical conditions
- 3) High levels of food insecurity
- 4) Loneliness
- 5) Frailty

# **FUTURE OPPORTUNITIES**



# CALL TO ACTION

If you collect this data, please reach out!

Joining our voices leads to a louder call to action, which leads to increased attention and funding to support our work!

# THANK YOU!

Karen Fortuna

[karen.l.fortuna@dartmouth.edu](mailto:karen.l.fortuna@dartmouth.edu)

Rebecca Heller

[rheller@thebridgeny.org](mailto:rheller@thebridgeny.org)

Wydalis Rosario

[wrosario@thebridgeny.org](mailto:wrosario@thebridgeny.org)