

2010 Great Ideas in Aging Contest

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PROGRAM :Creative Connections

This is a six to eight week program for families, friends and others. The goal is to educate the group on how to assist their elderly love ones in aging in place. However, most families don't know how to help and some have no knowledge as to the services that the community has to offer. This would be a partnership between the facilities , housing, families and communities to assist the residents in living independently longer without going to a higher level of care. Therefore, families, friends , caregivers and or others can play more active role in the process with a better understanding of the concept of aging in place.

Workshops Approx time 1-2 hrs.

(Weeks 1-7)

- 1- Community Connection**
- 2- Benefits & Entitlements**
- 3- Safety & Falls Prevention**
- 4- Nutrition & Wellness**
- 5- Legal Eagle (Wills POA's)**
- 6- Aging Gracefully**
- 7- Certificates and finish Resources directories .**

The program would be free to all family members. The service coordinators / social workers would facilitate these workshops and get speakers from the community as well. You could also invite families that successfully complete this program as speakers to explain how the program was a benefit to them. The estimated cost of this program \$300. This would be to cover materials (copies /handouts) speakers as needed and snacks. This program could be offered twice a year only costing the facility about 6-800 dollars per year. However, facilities on a tight budgets could get many of these items and services donated by the community, lowering the cost more.