




# Exploring Successes, Challenges and Next Steps for Rural Aging in Community Groups

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(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No Disclosures!

# Agenda

- ▶ Learning Objectives
- ▶ Background
- ▶ Research Questions & Methods
- ▶ Results
- ▶ Conclusions & Next Steps

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- ▶ **Learning Objectives**
- ▶ Background
- ▶ Research Approach
- ▶ Results
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# Learning Objectives



- ▶ **Describe** the value of Aging in Community Groups
- ▶ **Identify** challenges
- ▶ **Discuss** potential solutions

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# Intro to Aging in Community (AiC)

- ▶ Began with Beacon Hill Community, Boston, MA
- ▶ Rely on paid memberships, and provider contracts
- ▶ Generally: efforts that allow older adults to age in their homes

# The “Upper Valley”



- ▶ Bi-State
- ▶ Rural
- ▶ Socio-economically diverse
- ▶ Large 65+ population



# AiC in the Upper Valley



- ▶ Primarily volunteer run support networks
- ▶ Diverse resources, capacities and approaches
- ▶ Groups were interested in being part of formal care plans

# Goals of Study



- ▶ Assess baseline capacity
- ▶ Build connections to community groups
- ▶ Identify areas where we can coordinate support

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# Research Questions



- ▶ What is being done?
- ▶ Who does what?
- ▶ How is it going?

# Methods



- ▶ 14 focus groups and interviews with AiC Group leadership
- ▶ Asset mapping
- ▶ Needs assessment
- ▶ Questions based on Village Network Survey

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# Major Services



- ▶ Transportation
- ▶ Social engagement opportunities
- ▶ Home maintenance assistance
- ▶ Health care advocacy
- ▶ Community nursing
- ▶ ADLs

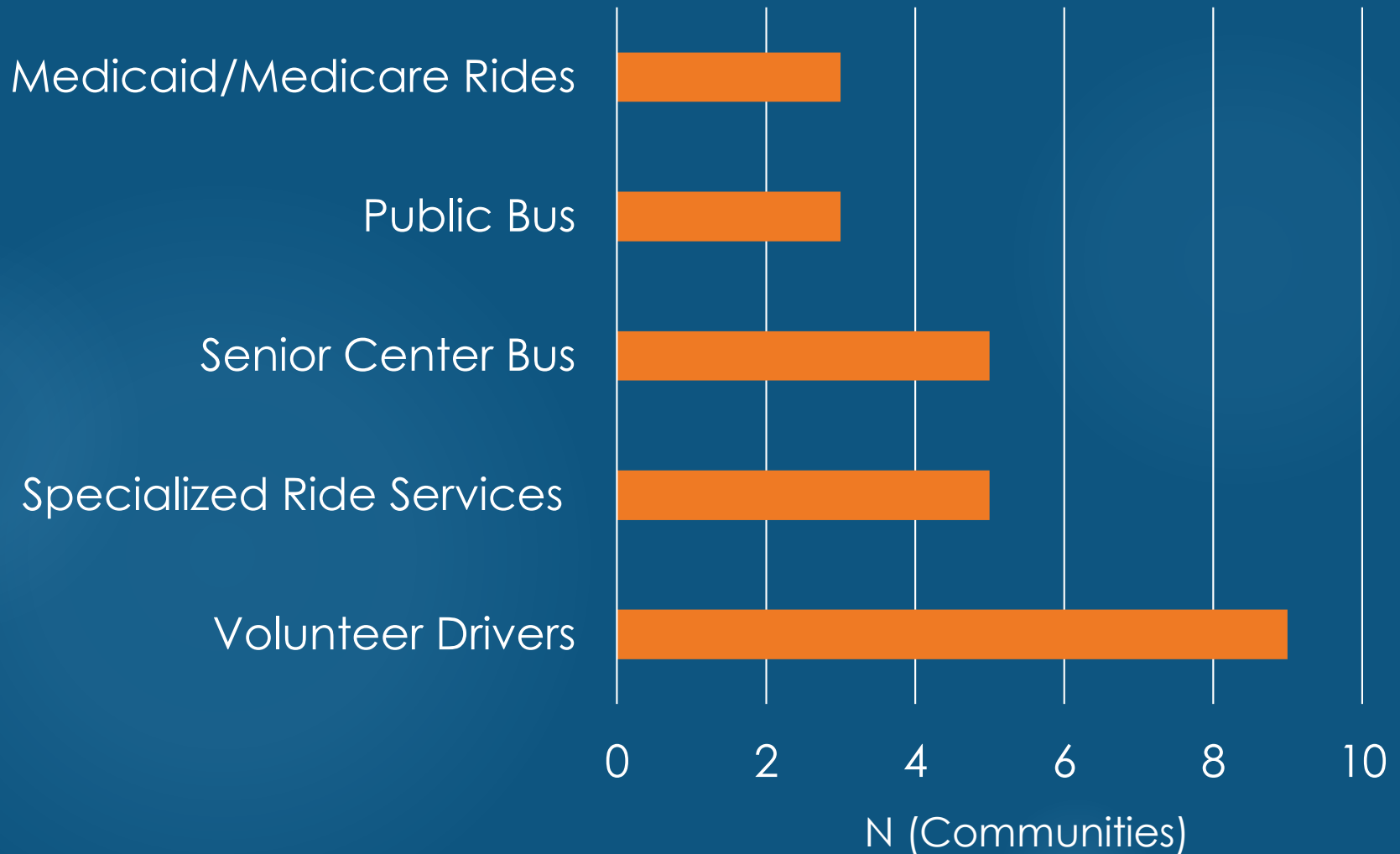
# Less Common Services



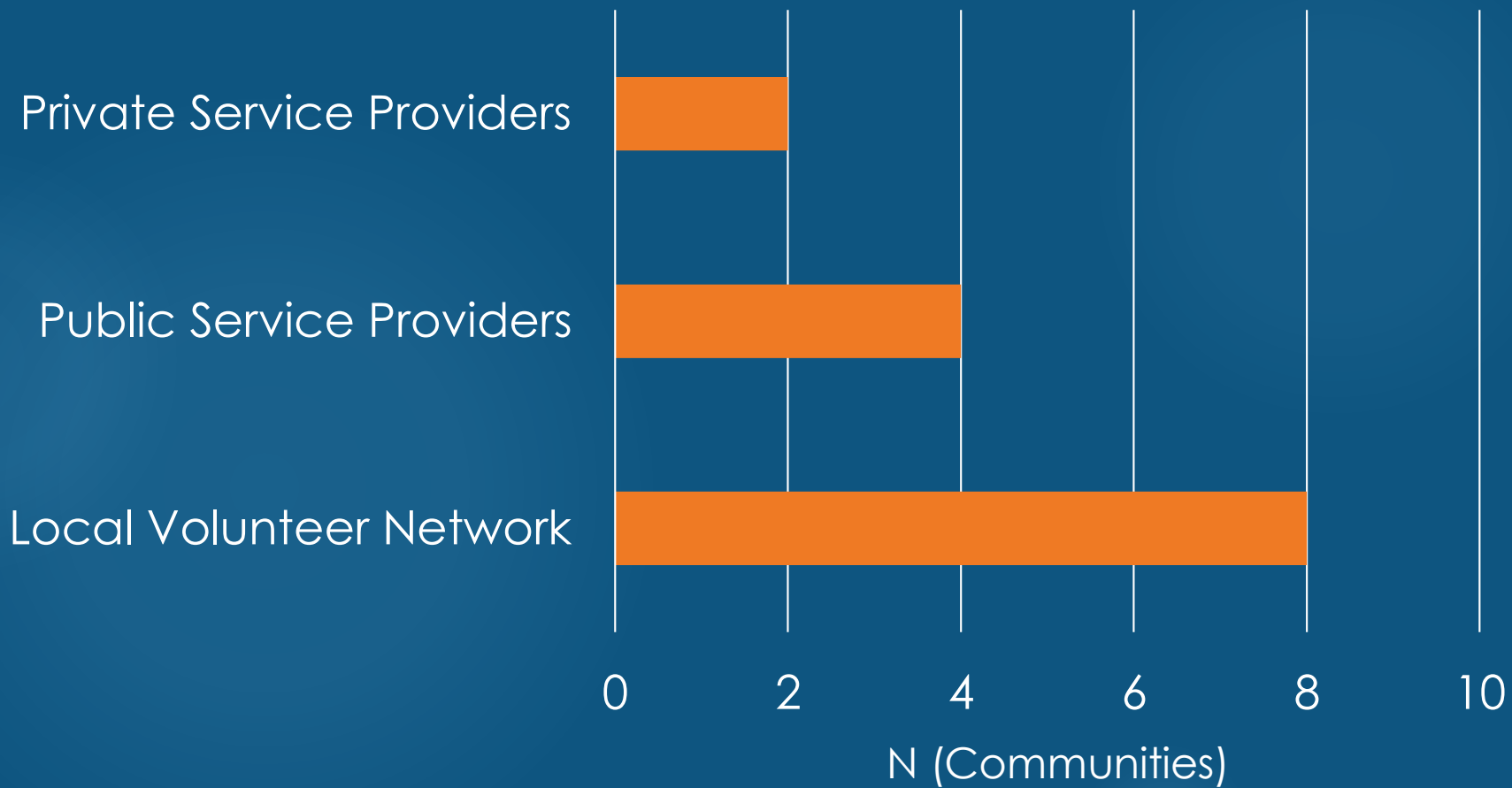
- ▶ Shopping help
- ▶ Assistance with technology
- ▶ Assistance with financial management
- ▶ In home companionship
- ▶ General information communication



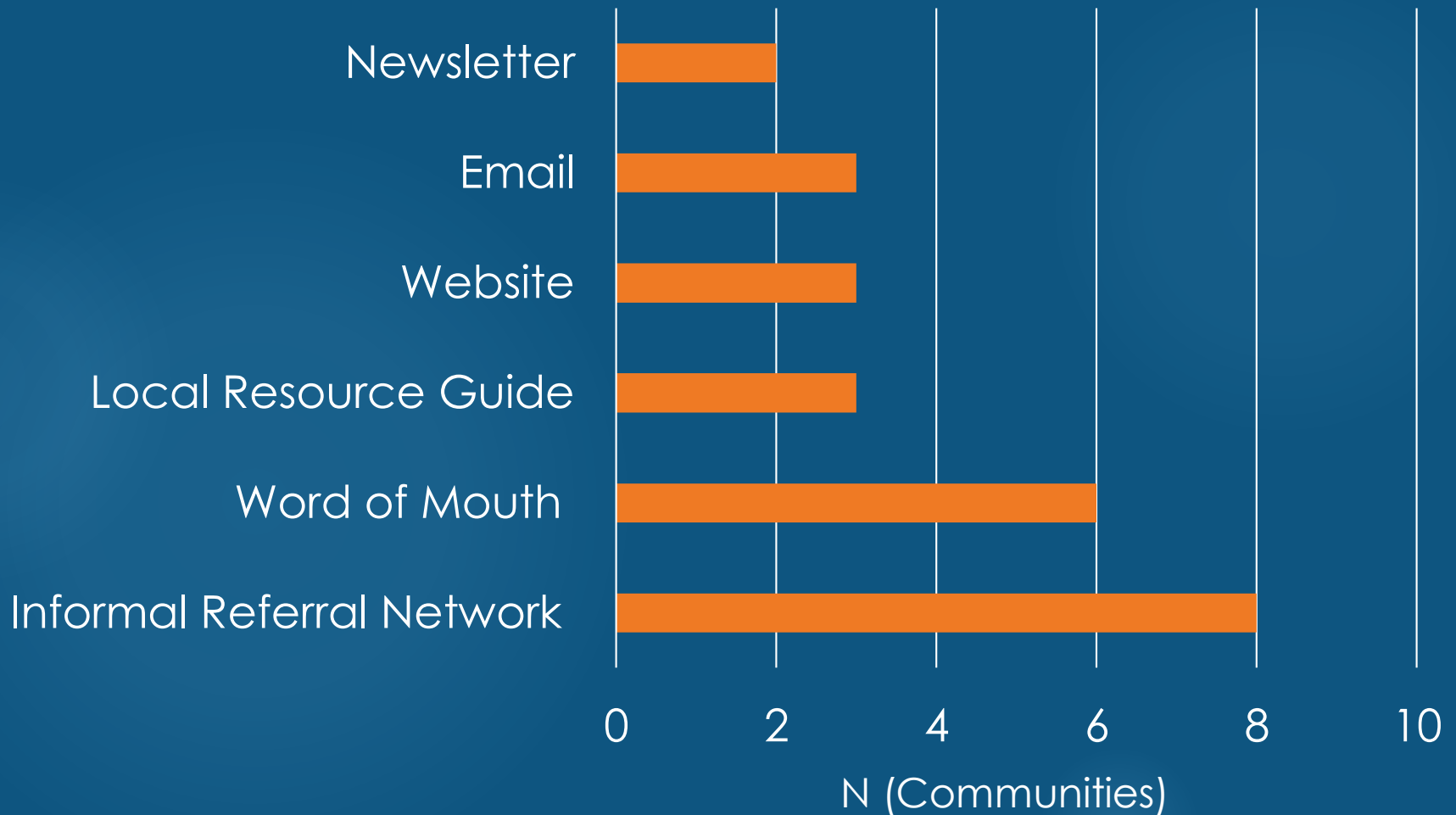
# Transportation Resources



# Home Maintenance Resources



# Communication Resources

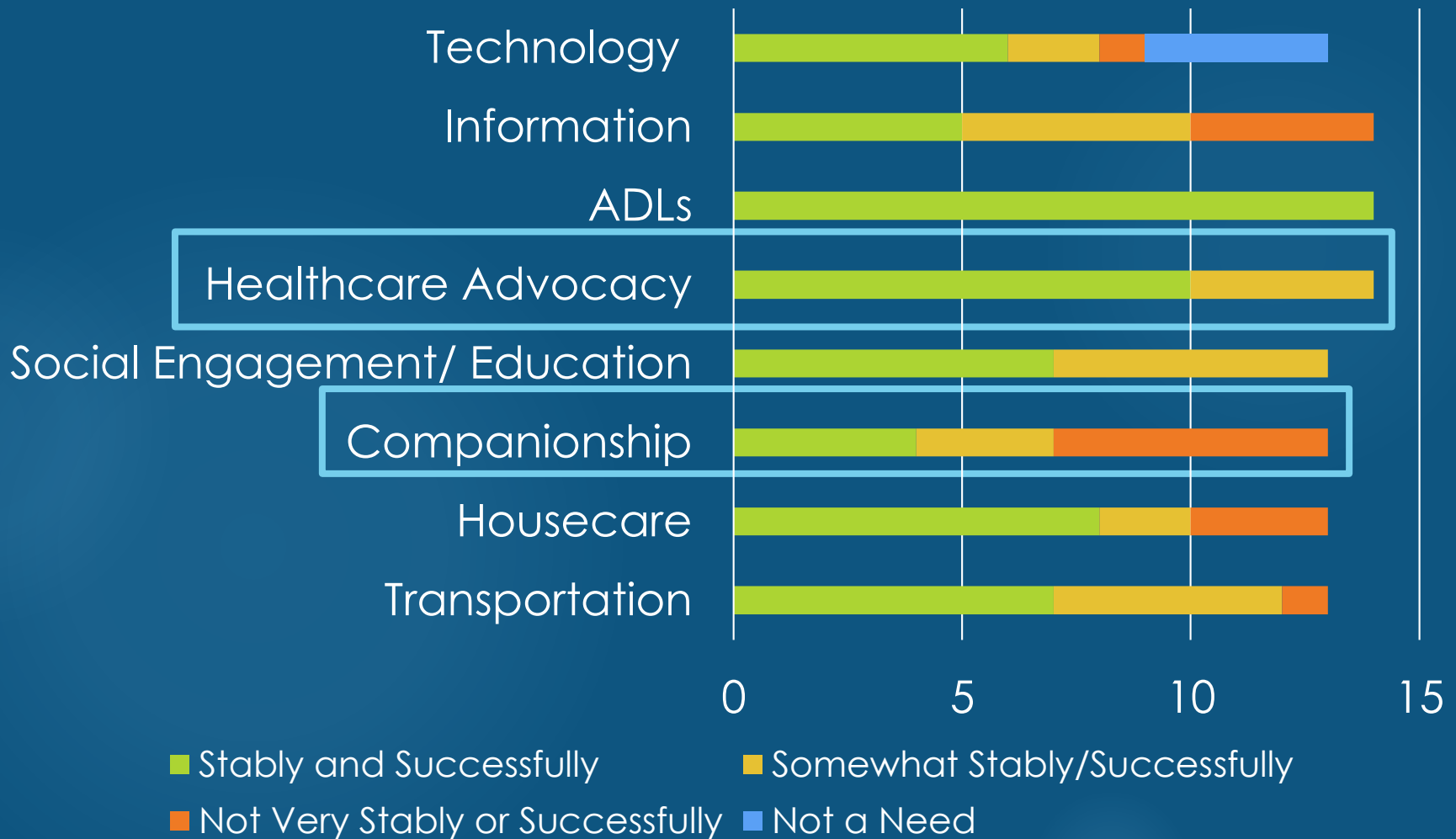


# Resources used to meet needs

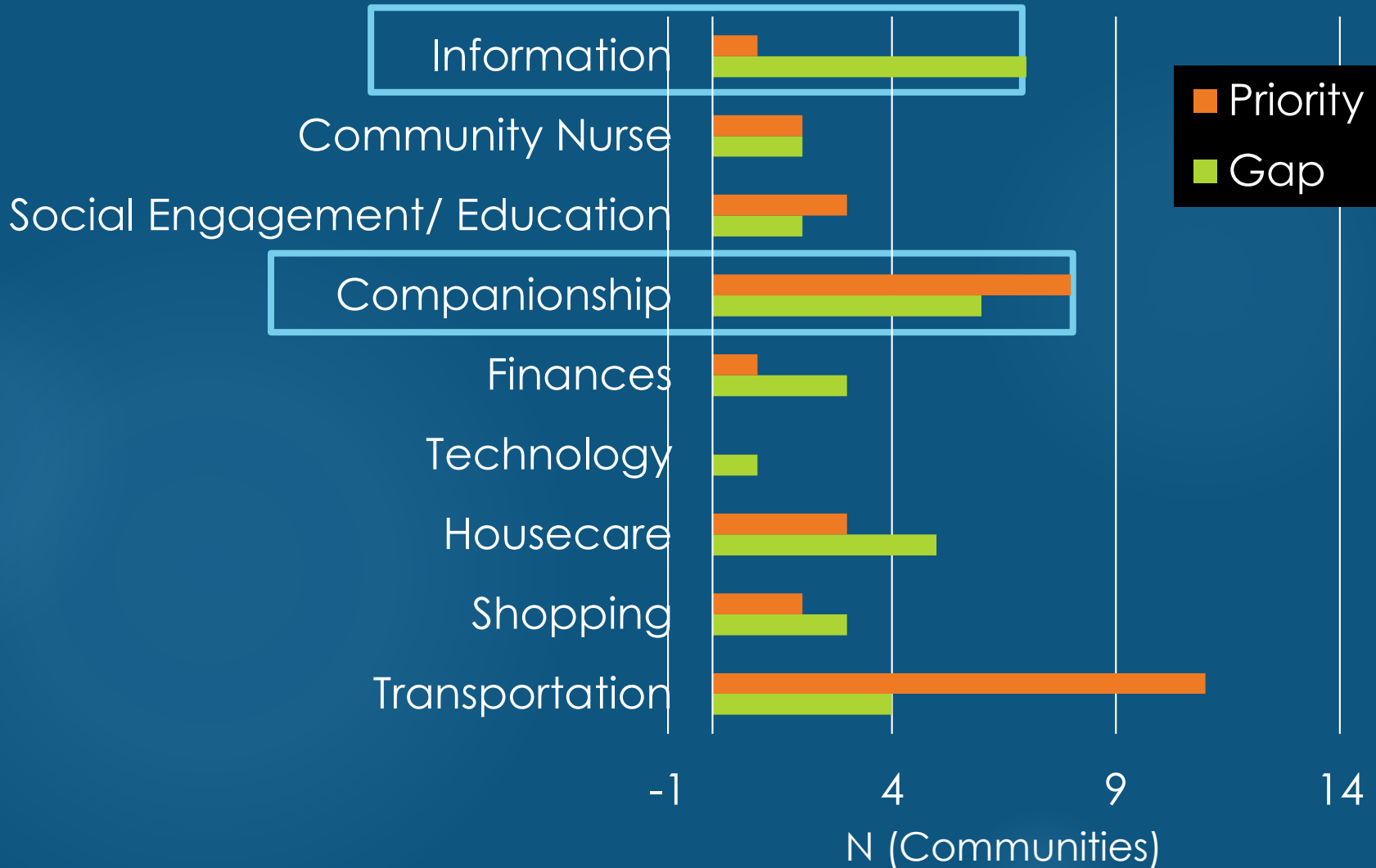
- ▶ Transportation
- ▶ Home maintenance assistance
- ▶ Information
- ▶ Companionship

**Volunteers  
&  
Informal  
Networks**

# How well are communities meeting needs?



# Gaps and Priorities



# Main Challenges



- ▶ Communication to community
- ▶ Volunteer resources
- ▶ Financial resources
- ▶ Defining scope

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# Next Steps for Support

- ▶ Coordinating services
- ▶ Communication
- ▶ Seeking sustainable funding
- ▶ Advocacy (eg: housing)
- ▶ Recruiting & training volunteers
- ▶ Satellite support programs

# Updates



- ▶ Continued struggles with volunteer recruitment
- ▶ Progress in resolving tension between desire to remain grassroots and desire to be part of formal care plans
- ▶ More community health workers and community nurses

# Conclusions



- ▶ Aging in Community groups fill a key service gap in rural areas
- ▶ Many ways for larger organizations and hospital systems to assist without co-opting initiatives

# Questions? Thank You!

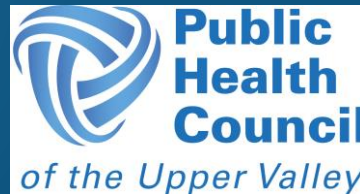
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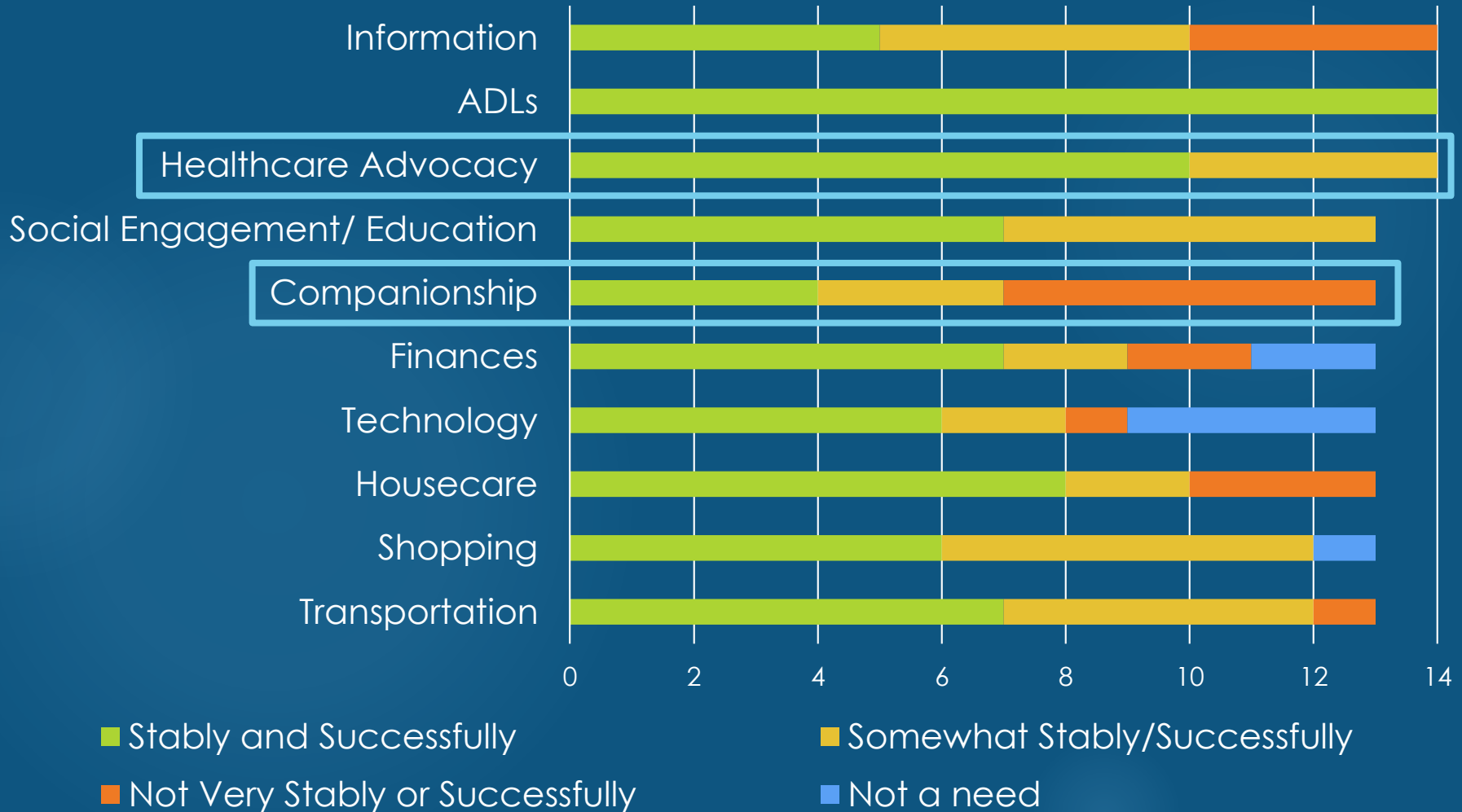
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# Supplementary Slides

# How well are communities meeting needs?

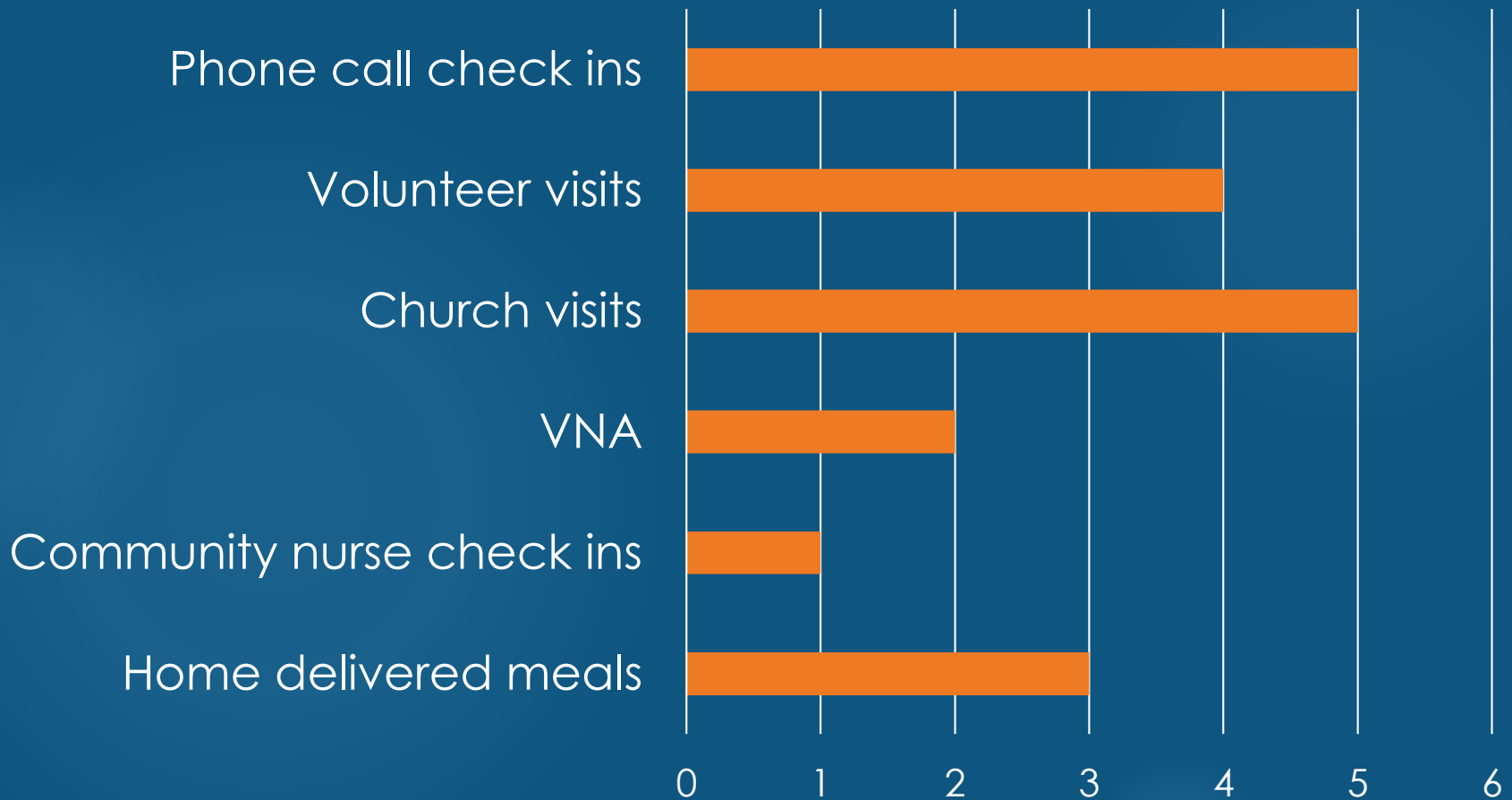


# Community Nursing



- Yes, the nurse serves the whole town
- Yes, the nurse serves a specific subset of people
- No, but in the process of getting one
- No, but open to idea if need is demonstrated
- No, other

# Companionship Resources





# More on Aging in Community

- ▶ Hub and Spokes Model
- ▶ In-Village providers versus “preferred providers”
- ▶ VillageCore
  - ▶ <https://villagecore.org/resources/>
  - ▶ [http://www.beaconhillvillage.org/content.aspx?page\\_id=22&club\\_id=332658&module\\_id=75811](http://www.beaconhillvillage.org/content.aspx?page_id=22&club_id=332658&module_id=75811)