

Aging Services Council
January 8, 2009 Planning Retreat
Lyons Gardens

I. St. David's Survey – Reactions

- Are we enrolling all eligible elderly in federally sponsored programs
- Transportation barriers
- Young/Old available transportation
- Why elderly not using public transportation
- 23% of elderly using social networks for information
- High number of elderly living in homes
- Number of caregivers in homes
- Educating the elderly on what long term care really means

II. St. David's Survey – Themes

- Loneliness
- Lowest incomes have the highest needs
- Isolation
- High rate of elderly still living in their homes
- "Community" awareness of senior issues, at the very least 211
- Friends/family need access to tools and training
- High cost in maintaining their homes
- Caregivers (very low wages)
- High rate of elderly not volunteering
- Inform elderly of city of Austin programs
- As service advisors we need to be more on top of current information
- Advisory group to inform ASC council
- Education on how cost effective public transportation really is
- Barriers to volunteering – volunteering can reduce isolation
- Loneliness is reduced when home visits are made
- Value of human contact

III. Additional 2008 Successes

- Greater Austin Initiative on Depression in Older Adults
- Brought in guest speaker

IV. 2009 Project Ideas

- Training on fix route Capital Metro
- Continue HandyMan project
- PSAs on social isolation & depression
- How to frame message – marketing strategies
- Re-evaluate structure of ASC committee, make sure no group is left out
- Caregiver University
- Caregiver Boot Camp
- Define Caregiver and Personal Care Attendant; provide advocacy and support for both
- Neighborhood presentations
- Education for groups below 20K, mental/physical health disparities
- Project: Provide access to paid caregivers
- Motivate more college students to become involved in the elderly issue area
- Educate clients on caregiver roles and responsibilities
- ASA webinar – civic engagement
- Pursue partnerships with for profit agencies
- Livable communities for older adults/seminar
- Training (Dr. Choi) for individuals with direct client contact
- Personal Caregiver being equipped with information and referrals
- Beacon Hill leveraging funds
- Dedicating additional routes with large populations of seniors
- E-news letter
- Affordable housing opportunities more targeted
- Training for providers who work in assisted living
- Senior centers=ambassadors of information
- Involve PARD in 2009 work
- Increase volunteerism thus reducing social isolation

V. 2009 Projects & Volunteers

Brainstorm	Need	Feasibility
Caregiver University (Area 1)	7	7
Caregiver Boot Camp		1
Define Caregiver and Personal Care Attendant; provide advocacy and support for both	1	1
Project: Provide access to paid caregivers	1	1
Personal Caregiver being equipped with information and referrals	2	1
Training for providers who work in assisted living	1	
Training on fix route Capital Metro (Area 2)	5	5
Dedicating additional routes with large populations of seniors		
Training (Dr. Choi) for individuals with direct client contact (Area 3)	5	4
PSAs on social isolation & depression	3	2
Senior information ambassadors / Neighborhood Associations (Area 4)	4	5
Neighborhood presentations	3	4
Education for groups below 20K, mental/physical health disparities		1
Educate clients on caregiver roles and responsibilities	1	1
Increase volunteerism thus reducing social isolation	1	1
ASA webinar – civic engagement		
Livable communities for older adults/seminar	2	3
Continue HandyMan project (Area 5)	1	3
Steering Committee		
How to frame message – marketing strategies	1	
Re-evaluate structure of ASC committee, make sure no group is left out	2	1
Motivate more college students to become involved in the elderly issue area (Areas 1 and 3, also)	2	2
Involve PARD in 2009 work	1	1
E-news letter		1
Beacon Hill leveraging funds	1	1
Pursue partnerships with for profit agencies		
Parking Lot		
Affordable housing opportunities more targeted		

Sub-Committee Assignments:

#1 Caregiver University

Annette Juba	Michael Wilson (SDF)
Willie Williams	Jill Findley
Christian Wells	Mary Dodd
Evelyn Cooke	Joyce Lauck
Kathleen Coggin	

#2 Training on fixed route for Capital Metro

Dinita Caldwell	Judith Sokolow
Rachel Daniel	
Michael Wilson	
Jeanne Teel	
Joyce Lauck	

#3 Training with Dr. Choi

Mary Teeters	Korey Darling
Rachel Portnoy	Evelyn Cooke
Ana Finger	Joyce Hefner
Annette Juba	Michael Wilson
Rachel Daniel	Willie Williams
Jill Findley	Linda Perez

#4 Senior Centers/Neighborhood Presentations=Ambassadors of information

Korey Darling	Rachel Portnoy
Glenda Rogers	
Mary Teeters	
Willie Williams	
Joyce Hefner	
Christian Wells	

Added by Steering Committee post-retreat:

#5 HandyMan Project

Jeannie Teel	Kim Blackburn
Mary Teeters	Joyce Lauck
Linda Perez	Bruce Kravitz