



More Than Tomatoes: Home-Grown Efforts to Spur Age-Friendly Community Work in New Jersey

PRESENTED AT THE 2023 NEW JERSEY ADVOCATES FOR
AGING WELL CONFERENCE



Age-Friendly North Jersey

AN ALLIANCE OF LEADERS STRENGTHENING COMMUNITIES FOR ALL AGES

Access a digital copy of
our presentation:
[go.rutgers.edu/AFNJat
NJAAW2023](https://go.rutgers.edu/AFNJatNJAAW2023)

Overview of Age-Friendly North Jersey and How to Connect

PRESENTED BY ALTHEA PESTINE-STEVENSON, PHD,
RUTGERS SCHOOL OF SOCIAL WORK HUB FOR AGING COLLABORATION,
PROGRAM MANAGER FOR AGE-FRIENDLY NORTH JERSEY

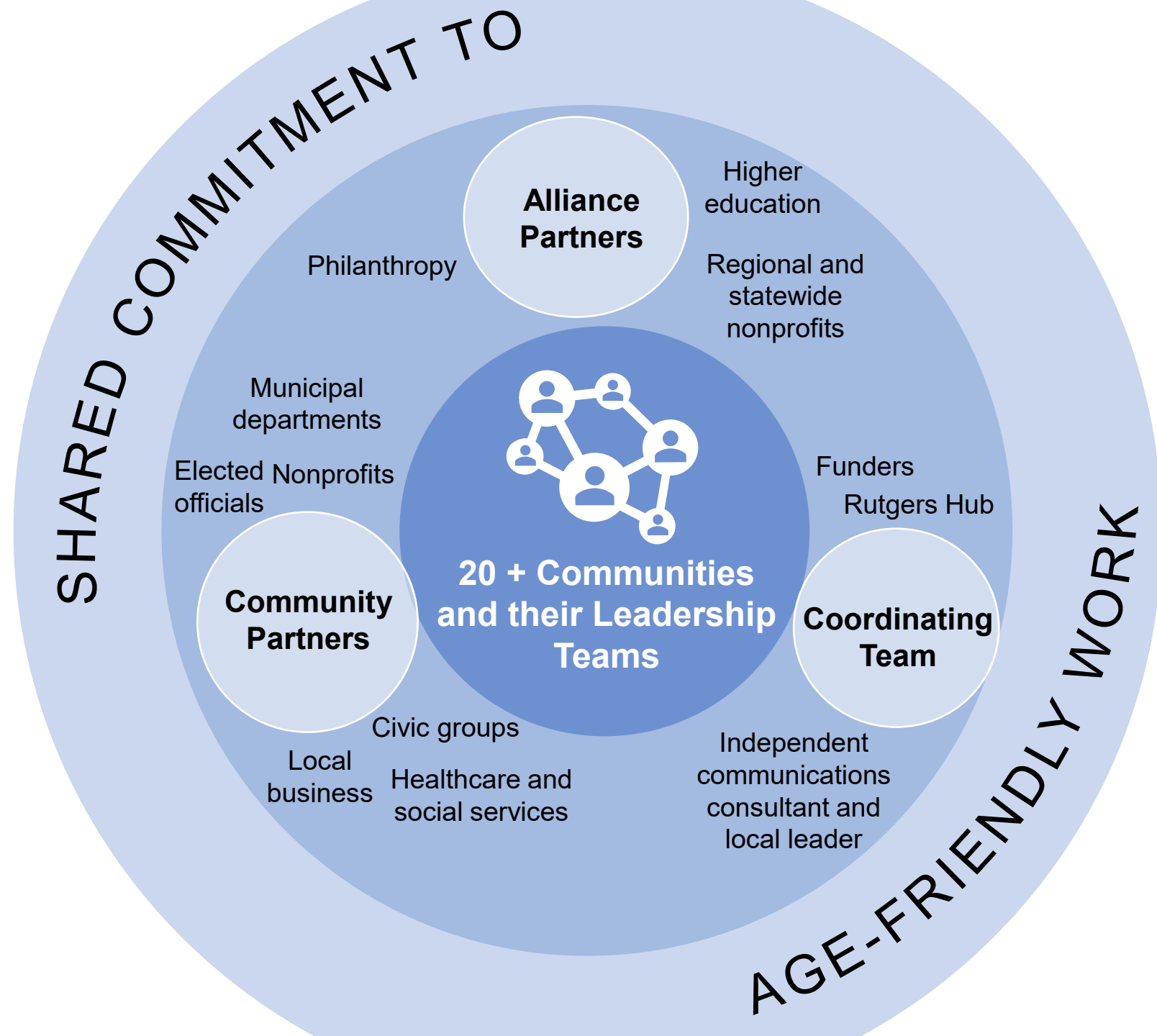


RUTGERS

School of Social Work

HUB FOR AGING COLLABORATION

Age-Friendly North Jersey: A Network of Partners

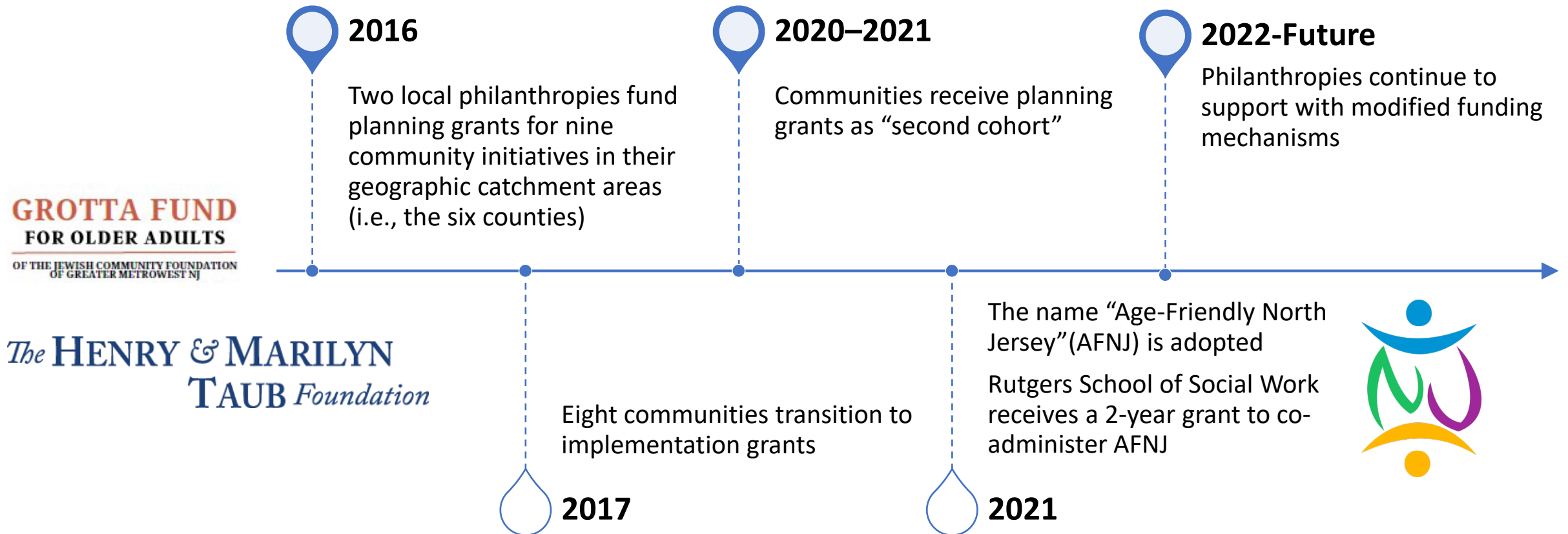




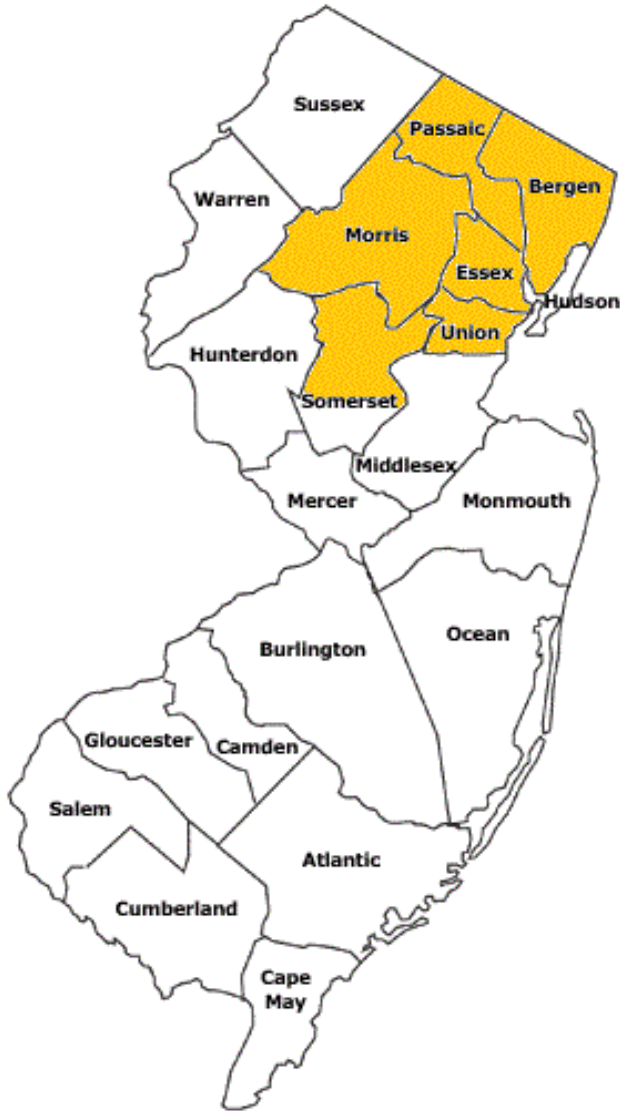
Community Networks Include
an Assortment of Partners



How Age-Friendly North Jersey Developed



Communities Active* in 2023



Bergen
County

Somerset
County

Elizabeth

Englewood

Fair Lawn

Garfield

Glen Rock

Livingston

Montclair

Ridgewood

SOMA

Teaneck

Tenafly

Wayne

West
Orange

Westwood

*Not an official list



AFNJ Aims

Provide opportunities for communities to:

- Build multi-sectoral collaborations
- Assess community needs
- Bring innovative programming to older residents
- Improve municipal master plans
- Improve physical spaces in the community
- Identify areas for future investment
- Build capacity for securing additional dollars
- And more!



How AFNJ Supports the Work of Community Leaders



Innovative space to create community of practice, through opportunities to:

- Share, ideate, and problem-solve together
- Learn from communities “a step ahead”
- Meet with counterparts in other communities who have faced similar barriers
- Advocate together
- Amplify community work to larger audiences

Benefits:

- Creates greater visibility to community work
- Network of peers for support helps keep momentum going

Examples of Community Accomplishments

- Hiring municipal staff with a focus on aging
- Embedding age-friendly lens into partner organizations
- Embedding age-friendly perspective into a municipal master plan
- Creating ambassadors' groups
- Creating municipal committees on aging
- Enhancing relationships between organizations
- Increasing access to information and resources for older adults
- Creating a mentorship network of age-friendly leaders



Alliance Outputs and Outcomes



- Virtual Fair and other statewide programs for learning and networking
- Engagement with coordinated efforts at the County level
- Connecting statewide efforts with people with on-the-ground experience
- Advocacy for State policy
- New knowledge disseminated globally

Publications Based on Research with AFNJ Communities

Recent academic publications:

- [Community Engagement Strategies to Promote Environmental Public Health for All Ages](#) (The Journal of Aging and Social Change, 2023)
- [Community Events as Part of Age-Friendly Community Practice](#) (Journal of Community Practice, 2022)
- [Responding to Local Needs by Mobilizing Community Assets: Age-Friendly Community Initiatives during the COVID-19 Pandemic](#) (*The Gerontologist*, 2022)
- [Giving, Receiving, and Doing Together: Interorganizational Interactions in Age-Friendly Initiatives](#) (*Journal of Aging & Social Policy*, 2022)
- [Theories of Community Collaboration to Advance Age-Friendly Community Change](#) (*The Gerontologist*, 2021)

Research Reports on AFNJ:

[2021 Report:](#) Age-Friendly Community Initiatives in Northern New Jersey: Four Years into Grant Funding

[2018 Report:](#) Age-Friendly Initiatives of Northern New Jersey: The Early Phase of Implementation

[2016 Report:](#) Age-Friendly Communities in the Early Planning Phase: Perspectives on *Why*, *How*, and *Who*

- Join our [mailing list](#) to receive updates and information about upcoming programming
- [Meet with us](#) to identify peer communities
- If you are in the 6-county region, [reach out to connect](#)
- Come to a virtual event (Join our mailing list to get the invite)
- Explore our [website](#), [blog](#), [past programming](#), [research publications](#)
- Stay tuned for new developments!





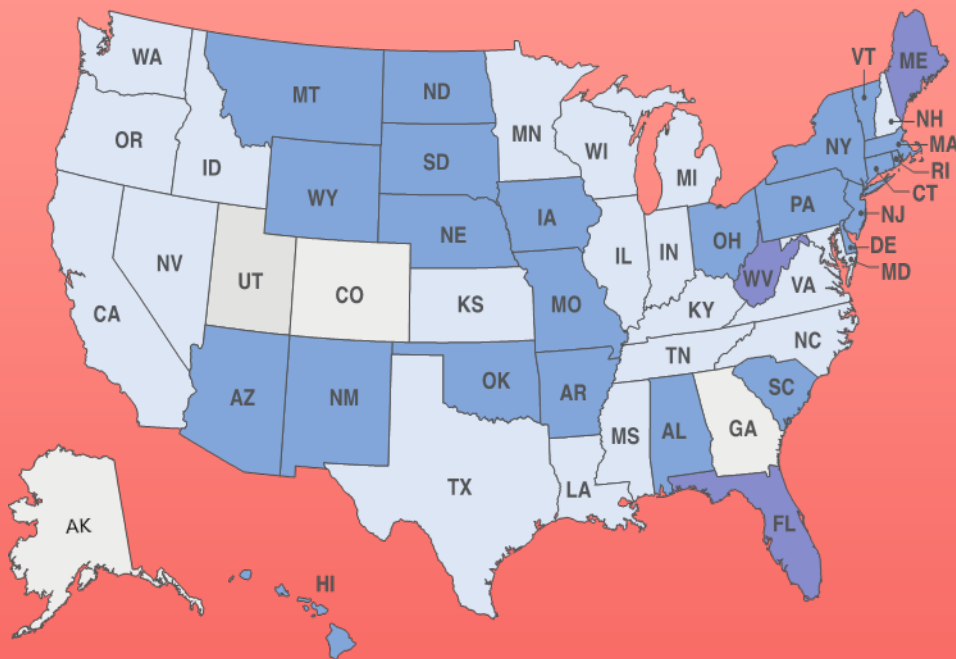
**Age-Friendly Communities
Are Livable for
People of All Ages**
aarp.org/livable

AARP Network of Age-Friendly States and Communities

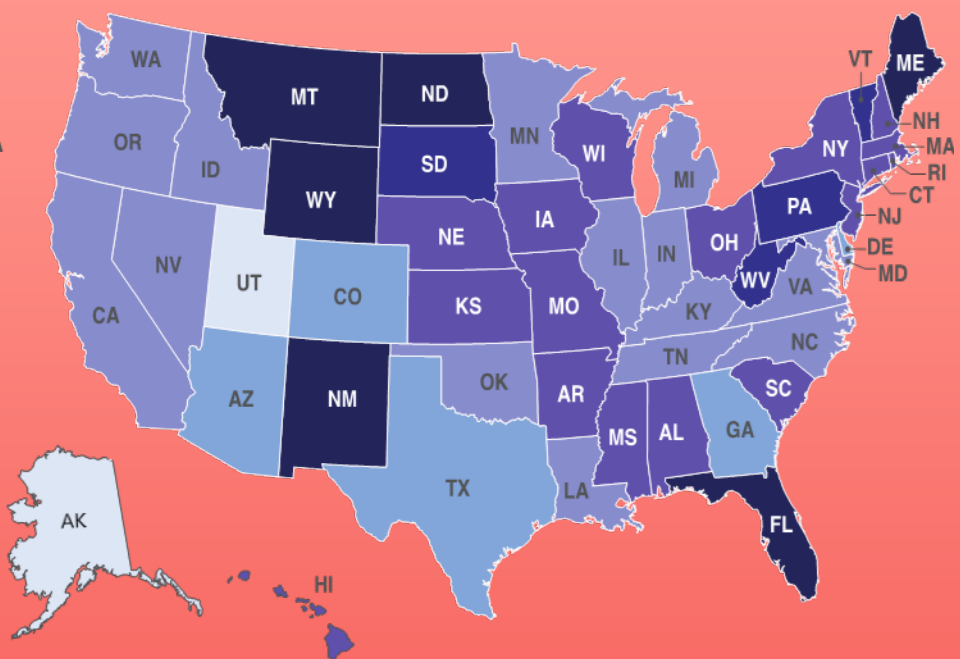
Stephanie Hunsinger
State Director, AARP NJ

America is aging

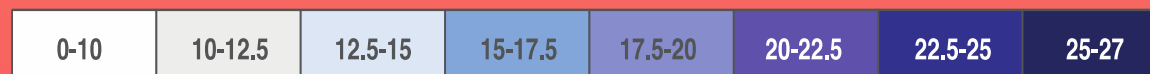
2015



2030



PERCENT OF POPULATION AGE 65+



Source: US Census

People want to stay in their homes and communities...

Two-thirds (67%) of all adults — and 79% of those 50-plus — want to stay in their current communities. Adults primarily value communities that foster good health, promote street safety, and provide good opportunities for community engagement and social interaction.

High numbers of Americans want “forever homes” — to stay in their current homes as they age. The percentage is even higher for adults age 50-plus, with more than three-quarters wanting to remain in their home as they age. But more aging-in-place modifications and technology are needed to make that possible.

Source: AARP Home and Community preferences Survey 11/21



What is the first thing that comes to mind when you hear the term, “Age-Friendly”?

An Age-Friendly Community is...



...one where a community's elected leadership has made a commitment to actively work with residents and local advocates to make their town, city, or county an age-friendly place to live through enrollment in the AARP Network of Age-Friendly States and Communities!

AARP Livable Communities

[AARP.org/Livable](#) · [About](#) · [Age-Friendly Network](#) · [Community Challenge](#) · [Publications & Resources](#) · [Videos](#) · [Livability Index](#)



Membership Application

Join the AARP Network of Age-Friendly States and Communities

AARP Livable Communities

When a town, city, county or state joins the AARP Network of Age-Friendly States and Communities, it is joining a global and age-friendly community.

The AARP network is an organizational affiliate of the World Health Organization Global Network of Age-Friendly Cities and Communities. Those wishing to join the global network instead of or in addition to the AARP program can find application information on the WHO website.

To enroll your community in the AARP network, please complete and submit the application below.

Note: Since content added to this form cannot be saved, we advise that you review and download a PDF of the questions in advance, gather the information you'll need, and draft the narrative responses offline for later pasting into the applicable fields. If this form doesn't work, email your questions and materials to AARPAge-FriendlyNetwork@aarp.org.

Section 1: Community Details

Application Submission Date

01/24/2023

State

Select a State

Community Name

Total Population

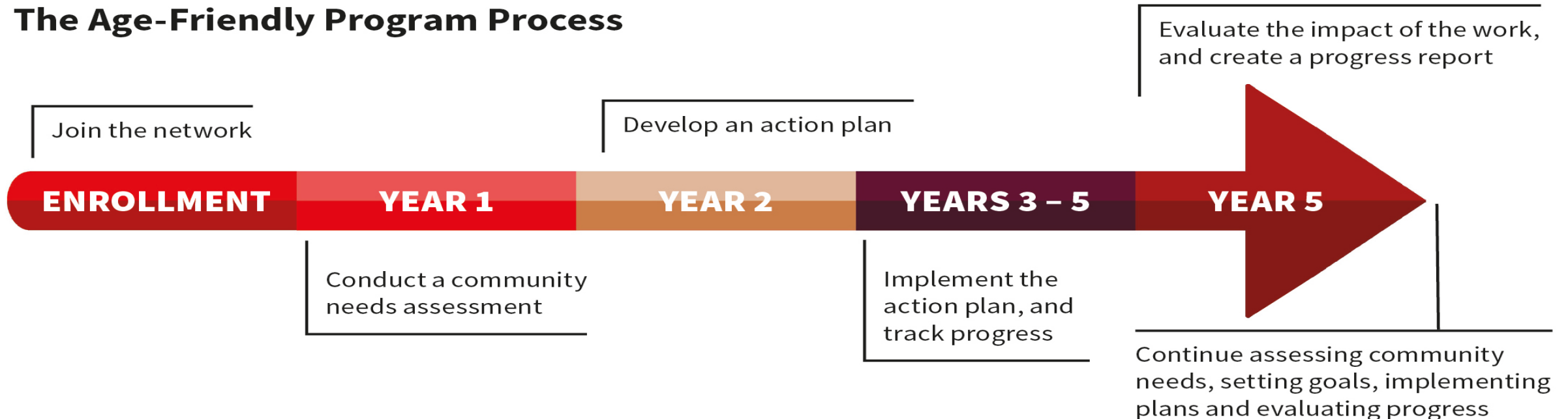
Percentage of Residents Age 60 and Older

The Age-Friendly Program Process

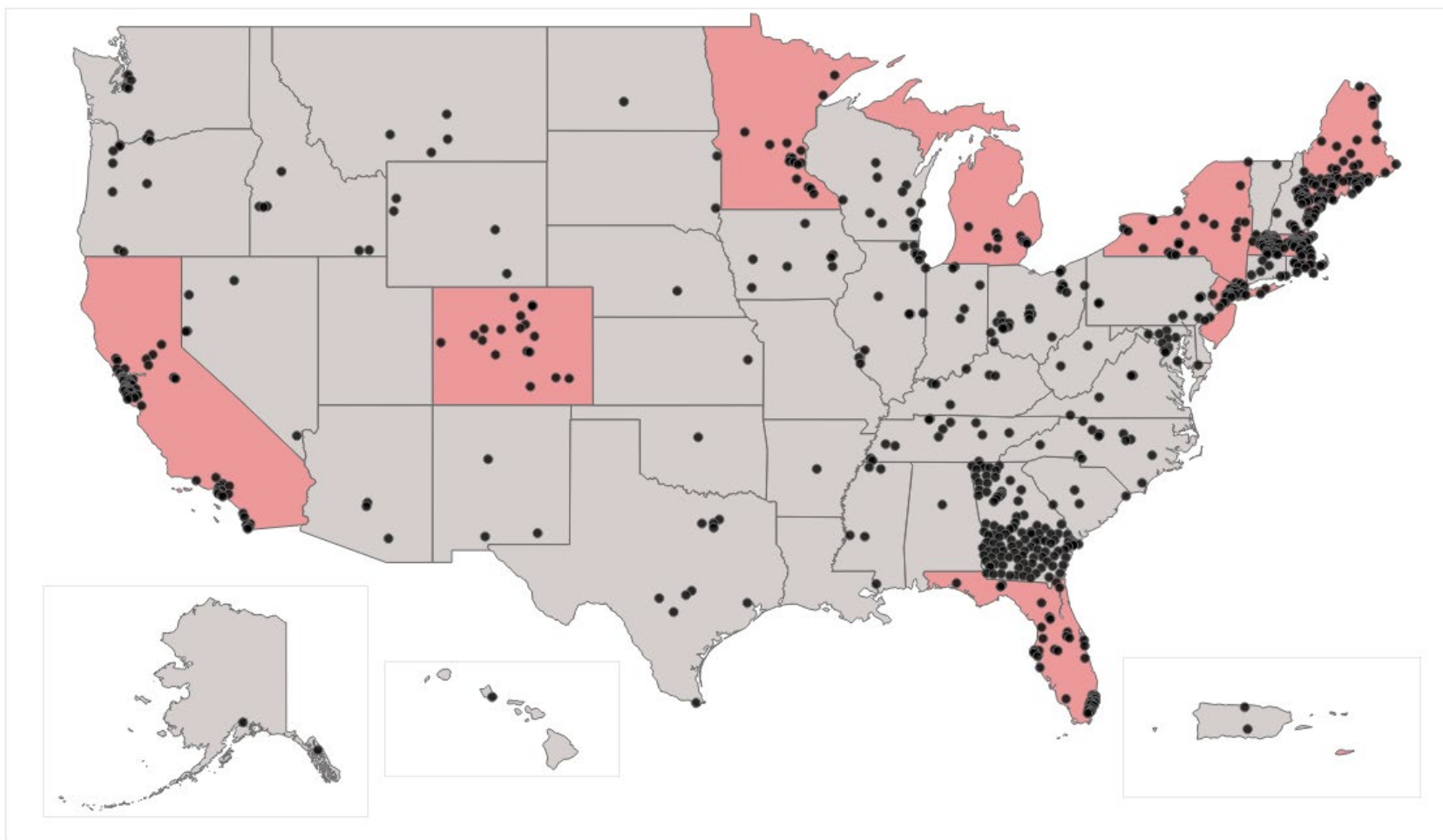
All communities seeking to enroll in the AARP age-friendly network are required to submit a membership application and commit to a 5-year process of improvement which includes:

- ✓ conducting a community needs assessment
- ✓ developing an action and evaluation plan
- ✓ implementing and assessing the plan's impact
- ✓ the voice of older residents in all stages of planning and implementation

The Age-Friendly Program Process



AARP Network of Age-Friendly States and Communities (NAFSC)



Benefits of Enrolling

Membership in the network:

- ✓ Serves as an organizing structure for making community improvements
- ✓ Fosters partnerships among community groups and local stakeholders
- ✓ Enables changes that benefit people of all ages
- ✓ Provides resources for identifying and assessing community needs

Membership provides a community with:

- ✓ Access to technical assistance and expert-led webinars
- ✓ Access to a national network of over 700 communities enrolled in the network
- ✓ Support and best practice materials from AARP
- ✓ Help for local leaders to identify and understand community needs

Impact of Joining

68%

Advocated for Policy
Change

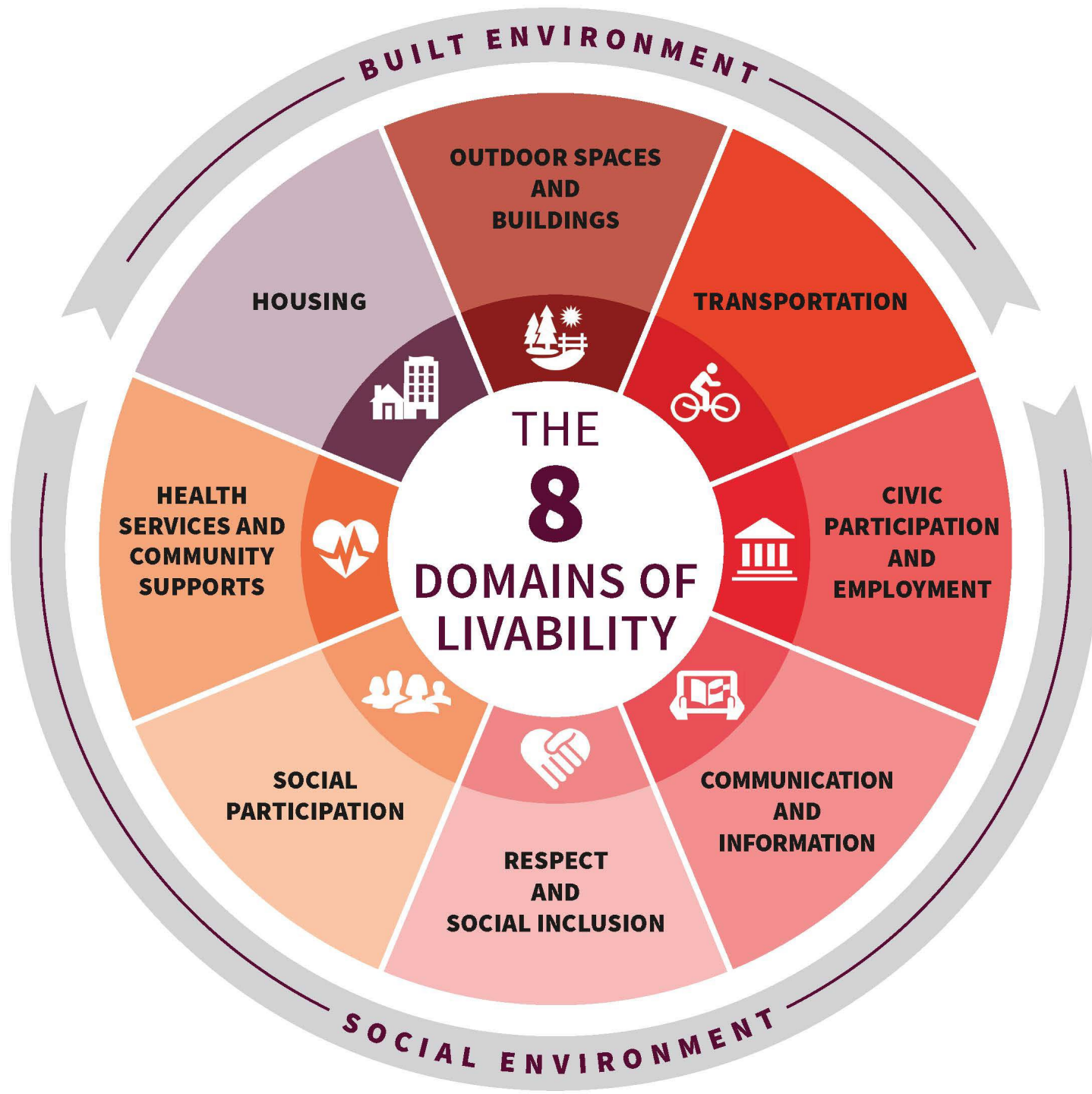
Age-friendly initiatives are catalyzing local policy change. Nearly 2:3 age-friendly communities reported that they had successfully advocated for changes in municipal or organizational policy.

86%

Overcame Barriers to Age-
Friendly Change

The NAFSC 5-year program cycle and framework is setting communities up for success. By applying the age-friendly programmatic framework, respondents reported overcoming barriers to improve the community for older residents.





The 8 Domains of Livability

is the framework used by states and communities enrolled in the network to organize and prioritize their work to become more livable for both older residents and people of all ages.

The availability and quality of these community features impact the well-being of older adults.

AARP Network of Age-Friendly States and Communities

The 8 Domains of Livability



The availability and quality of these community features impact the well-being of older adults—and help make communities more livable for people of all ages.



**Outdoor Spaces
& Buildings**



Transportation



**Civic Engagement
& Employment**



**Communication
& Information**



**Respect & Social
Inclusion**



**Social
Participation**



**Health &
Community Svcs.**



Housing



Outdoor Spaces & Buildings

People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages

Nearly three-quarters of adults (73%) say it is important to have safe, well-lit parks that give residents places to gather and interact with friends.

Resources:

[Creating Parks and Public Spaces](#)
[The Pop-up Placemaking Toolkit](#)
[The Walk Audit Toolkit](#)





Housing

We spend more time in our homes than anywhere else, so housing costs, choices, and accessibility are critical. Great communities provide housing opportunities for people of all ages, incomes, and abilities.

More than three-quarters of adults ages 50 and older want to stay in their homes (77%) and communities (79%) as they age.

Resources:

[Making Room for 'Making Room'](#)
[The ABCs of ADUs](#)
[AARP HomeFit Guide](#)





Transportation

Driving shouldn't be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Moving easily and safely from one place to another vastly improves quality of life.

Well-maintained, accessible and safe streets are reported as being among the most important community features for transportation.

Resources:

[Future of Transportation](#)

[Roadmap to Livability: Transportation Workbook](#)

[AARP Public Policy Institute Transportation Resources](#)





Social Participation

Participating in social activities makes people feel as if they matter to a community, which provides a sense of meaning and belonging. Social activities can help relieve the angst of perceived social isolation.

Top predictors of loneliness: size and diversity of an individual's social network and being physically isolated. Other contributing factors include age, depression, urbanicity, anxiety and overall health

Resources:

[Engaging the Community Creates Community](#)

[Age-Friendly and Accessible Event Guide](#) (Cleveland, OH)

[Community Guide to Accessible Events and Meetings](#) (Seattle, WA)





Respect & Social Inclusion

Everyone wants to feel valued. Socially inclusive gatherings and activities are a great way for people to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.

A strong majority (71%) of adults ages 50+ believe it's important for their community to treat all residents equally regardless of race, gender, age, ethnic background, sexual orientation, or other differences.

Resources:
[Disrupt Aging](#)
[Equity By Design](#)





Civic Engagement & Employment

Why does work need to be an all or nothing experience? An age-friendly community encourages older people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.

Holding a perception that one can make a difference on problems that exist in their community is a top predictor of 50+ civic engagement.

Resources:

[Create the Good](#)
[AARP Employer Pledge Program](#)





Communication & Information

Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy, and not everyone has a smartphone or home-based access to the internet.

76% of adults age 50-plus place high importance on having access to reliable and affordable in-home high-speed Internet.

Resources:

[Roadmap to Livability: Community Listening Toolkit](#)
[Exploring Digital Equity Fact Sheet Series](#)
[AARP Free E-Newsletters](#)





Community support is strongly connected to good health and well-being throughout life, alongside accessible and affordable health care services, which are vital for maintaining health and independence.

U.S. adults age 45+ think many healthcare issues are important: staying mentally sharp (96%), staying physically healthy (92%), having adequate health insurance coverage (91%)

Resources:

[RTL: Health Services and Community Supports Workbook](#)
[AARP Prepare to Care Guide](#)





Disaster Preparedness

Community planning plays a vital role in reducing the long-term risks to life and property from natural hazards such as hurricanes, earthquakes, wildfires, and floods.

Adults aged 65 and older are a growing demographic who are often disproportionately impacted by severe weather.

Resources:

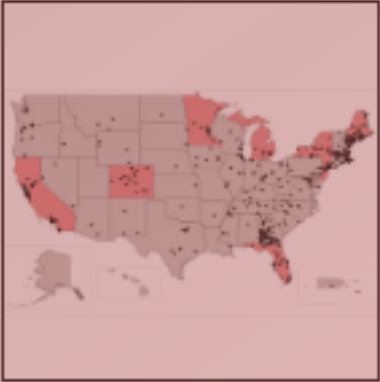
[AARP Disaster Resilience Toolkit](#)
[Guide to Expanding Mitigation](#)
[Wildfire Home Retrofit Guide](#)



How Age-Friendly do you think your community is?

Take a self-assessment. Rank your community on a scale of 1-10 on each of the domains of livability:

Domain	Score
Housing	<div></div>
Outdoor Spaces and Buildings	<div></div>
Transportation	<div></div>
Civic Participation/Employment Opportunities	<div></div>
Communication and Information	<div></div>
Respect and Social Inclusion	<div></div>
Social Participation	<div></div>
Health Services and Community Supports	<div></div>



700+ Communities — and Counting!

Nine states, one territory, and hundreds of towns, cities and counties are enrolled in the AARP Network of Age-Friendly States and Communities. Local leaders who have joined the network are working to make their communities great places for people of all ages.

[CHECK OUT THE MEMBER LIST](#)



Mapping Age-Friendly Efforts

Use the interactive AARP Livable Communities Map to discover where, and how, AARP is helping communities become more livable and age-friendly so people of all ages can thrive — and make where they live and want to remain a lifelong home.

[SEARCH THE MAP](#)

Livability News & Notes



As Gen X and Boomers Age, They Confront Living Alone — More older Americans are living by themselves than ever before. That shift impacts housing, health care and personal finances, especially for women. *Source: [The New York Times](#)* ►

AARP LIVABLE COMMUNITIES Resources



Tools to help local leaders



Livable Communities Landing Page:

aarp.org/livable



Livable Communities Newsletter:

aarp.org/livable-newsletter



Livable Communities Map:

livablemap.aarp.org



Community Challenge Grant Program:

aarp.org/communitychallenge



20+ Free Publications:

aarp.org/livablelibrary

Not Just Tomatoes: Home-Grown Efforts to Spur Age-Friendly Community Work in New Jersey

Tim Evans

New Jersey Future

NJAAW 25th Annual Conference - The Future of Aging in NJ

June 9, 2023



Promote Responsible Land Use Policies

- Revitalize cities
- Preserve open space
- Keep housing affordable
- Encourage transportation choices
- Build resilience



About New Jersey Future

Nonprofit, non-government organization dedicated to promoting sensible, fair and sustainable policies and practices

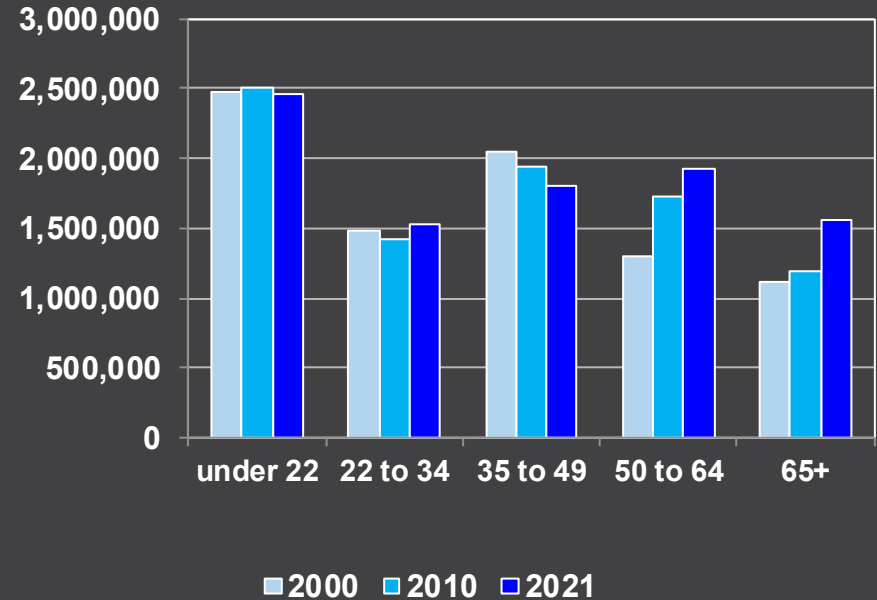




Why Aging-Friendly Communities

Demographic Trends

**New Jersey Population by Age Group:
2000 Census, 2010 1-year ACS, and 2021
1-year ACS**



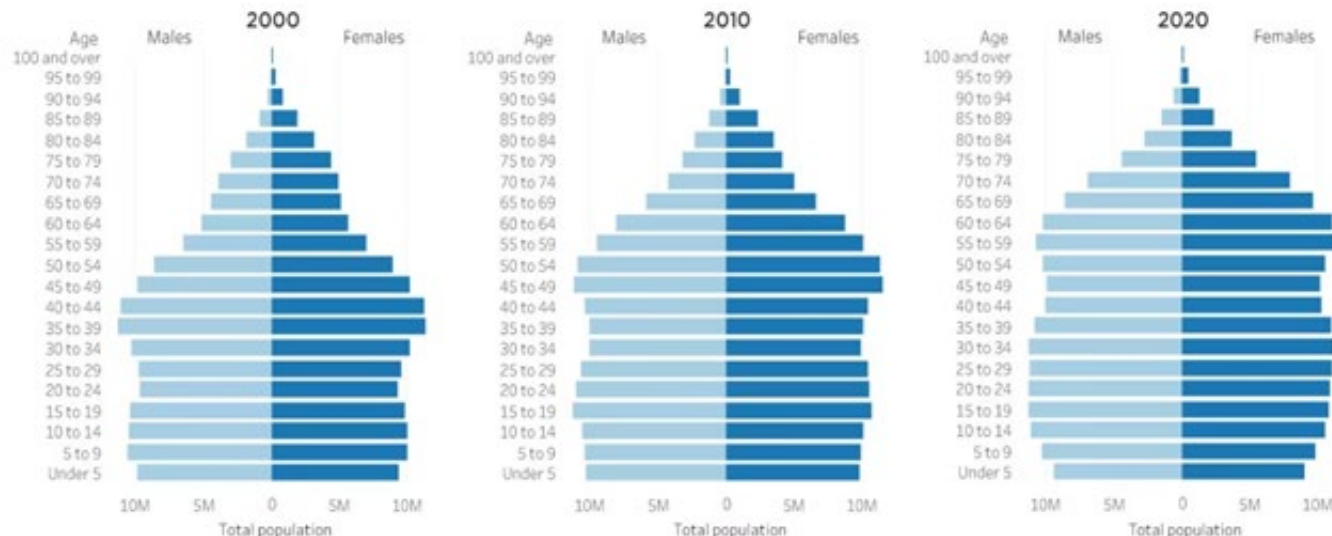
The growing needs of the increasing numbers of older American adults is a “quiet crisis”.

-Commission on Affordable Housing and Health Facilities Needs for Seniors in the 21st Century

Figure 2.

Population Pyramids for the United States: 2000, 2010 and 2020

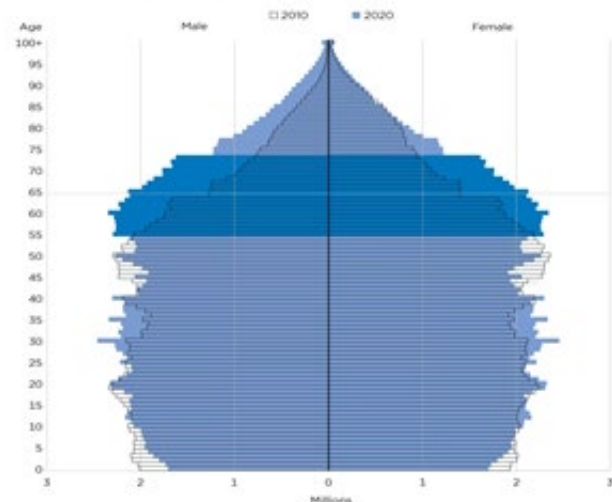
(In millions)



Source: U.S. Census Bureau, Census 2000 Summary File 1 (SF1), 2010 Census Summary File 1 (SF1) and 2020 Census Demographic and Housing Characteristics File (DHC).

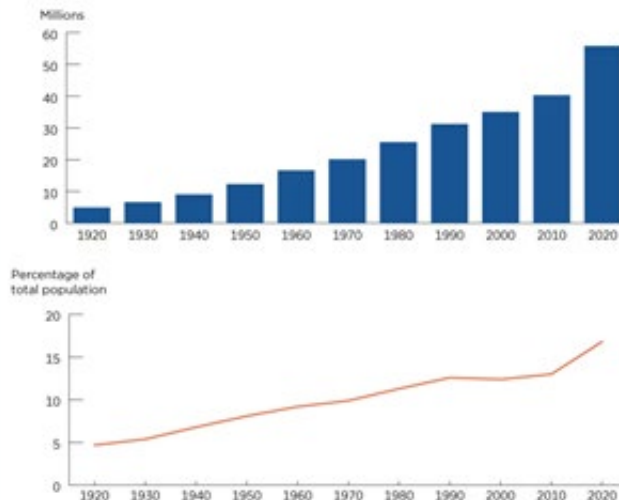
U.S. Older Population Grew From 2010 to 2020 at Fastest Rate Since 1880 to 1890

Figure 2.
Population by Sex and Age: 2010 and 2020



Note: While generally accurate (refer to "2020 Census Data Quality" at www.census.gov/programs-surveys/decennial-census/decade/2020/planning-management/process/data-quality.html), there was notable age heaping in the 2020 Census. This has been previously identified by demographers at the Census Bureau (www.census.gov/newsroom/blogs/random-samplings/2022/04/population-estimates-covid-19-impacts.html) and more recently (www.census.gov/newsroom/blogs/random-samplings/2023/05/age-heaping-2020-census-dhc.html) and work is under way to investigate modifying future products based on the 2020 Census to address this phenomenon. For information on data collection, confidentiality protection, nonsampling error, and definitions, refer to <https://www2.census.gov/programs-surveys/decennial/2020/technical-documentation/complete-tech-docs/demographic-and-housing-characteristics-file-and-demographic-profile/2020census-demographic-and-housing-characteristics-file-and-demographic-profile-techdoc.pdf>.
Source: U.S. Census Bureau, 2010 Census Summary File 1 and 2020 Census Demographic and Housing Characteristics File (DHC).

Figure 1.
Population 65 Years and Over by Size and Percentage of Total Population:
1920 to 2020



Note: For information on data collection, confidentiality protection, nonsampling error, and definitions, refer to <https://www2.census.gov/programs-surveys/decennial/2020/technical-documentation/complete-tech-docs/demographic-and-housing-characteristics-file-and-demographic-profile/2020census-demographic-and-housing-characteristics-file-and-demographic-profile-techdoc.pdf>.

Source: U.S. Census Bureau, Decennial Census of Population, 1900 to 2000; 2010 Census Summary File 1, and 2020 Census Demographic and Housing Characteristics File (DHC).



Why Land Use Is Important

The form of a community can make it ill suited or undesirable for aging populations

Creating Great Places to Age: Land-Use Analysis of Aging-Friendliness



Housing Options

Affordable and
Accessible



Transportation

Walkability and
Connectivity



Mixed-Use Center

Livelihood and
Mobility



Public Spaces / Amenities

Social and
Outdoor Connections

Community Form

Barriers for residents

- Auto-dependent communities isolate those that don't drive, or don't want to drive on high-speed regional roads
- Sprawling, low-density development makes it difficult to access destinations
- Limited housing choices, taxes/maintenance costs are high and escalating
- Large costly homes ill-suited to older and younger people's needs
- Public spaces are important sources of social and physical activity (especially post-retirement, when work no longer offers built-in socializing)





Municipal Role

Local policies and ordinances can have the most influence on land use patterns



Municipal Role

Plans and Policies

Determine whether you get this...

- Master Plan
- Zoning Regulations
- Building Codes
- Design Guidelines
- Subdivision Regulations
- Stormwater Regulations
- Capital Budget



Municipal Role

Plans and Policies

...or this:

- Master Plan
- Zoning Regulations
- Building Codes
- Design Guidelines
- Subdivision Regulations
- Stormwater Regulations
- Capital Budget





Sustainable Jersey action: Community Design for All Ages

<https://www.sustainablejersey.com/actions/>



Community Design for All Ages

5 Points

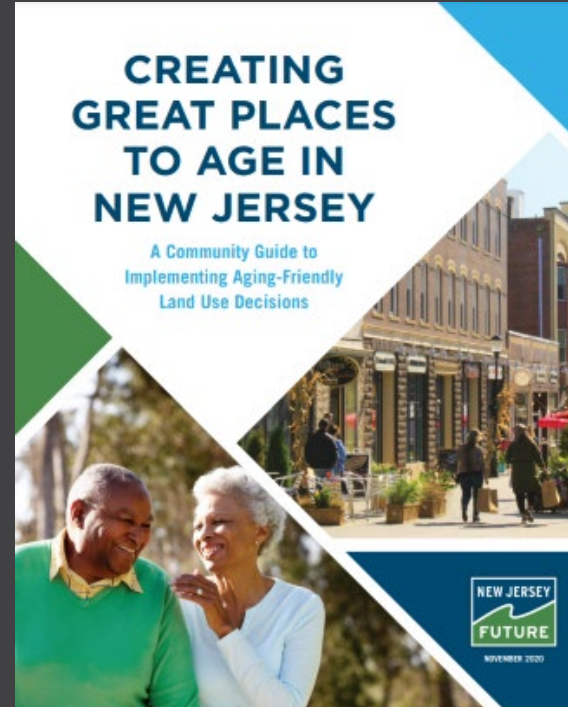
10 Points

15 Points

20 Points

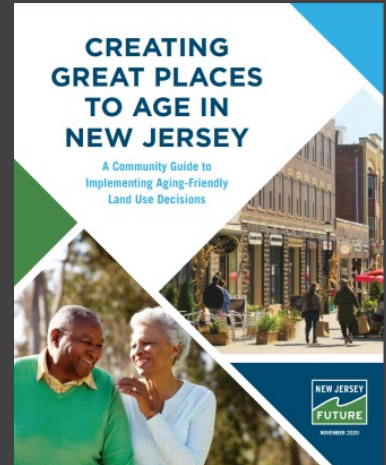
25 Points

“This action provides guidance to a municipality to promote and implement community design for older adults.”



Community Design for All Ages

- Appears under the “Land Use & Transportation” heading – meant to inject aging-friendliness into the municipal land-use process
- Geared toward municipal action at the end
- Sustainable Jersey website includes spotlights on
 - Ridgewood
 - South Orange and Maplewood
 - Garfield
 - Fair Lawn
 - Princeton



Community Design for All Ages

Main Components:

- Conduct an age-friendly land use assessment
- Develop an age-friendly implementation plan
- Implement actions in the plan

Coordination
of Age-Friendly
Efforts

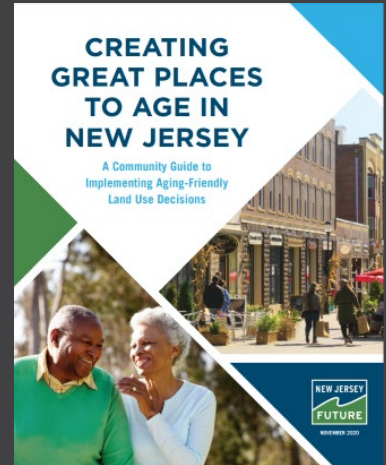
Community
Engagement

Demographic
Profile

Community Design for All Ages

Points for:

- Age-Friendly Land Use Assessment
- Coordination of Age-Friendly Efforts *via an age-friendly coordinator and a municipal age-friendly initiative committee*
- Community Engagement – *survey and/or focus groups, primarily targeting community members age 55+*
- Demographic Profile
- Implemented Actions *including changes to zoning to diversify housing, create mixed-use areas, adopt a form-based code, develop universal design standards, or support home sharing*



An artistic illustration of a vibrant, walkable neighborhood. It features multi-story buildings with colorful facades (yellow, green, red), large trees, and a diverse group of people, including seniors, walking on a wide sidewalk. A person is pushing a stroller, and others are walking in groups. The scene is set during the day with a clear sky.

Aging-Friendly Program

Municipal Land Use Assessments

Aging-Friendly Land Use Assessment

Mixed-Use Center Assessment Factors



- Does a center exist? If not, would existing zoning allow one to be created?
- Is a mix of residential uses permitted?
- Does zoning promote a center-based form?
- Is the center actively supported?



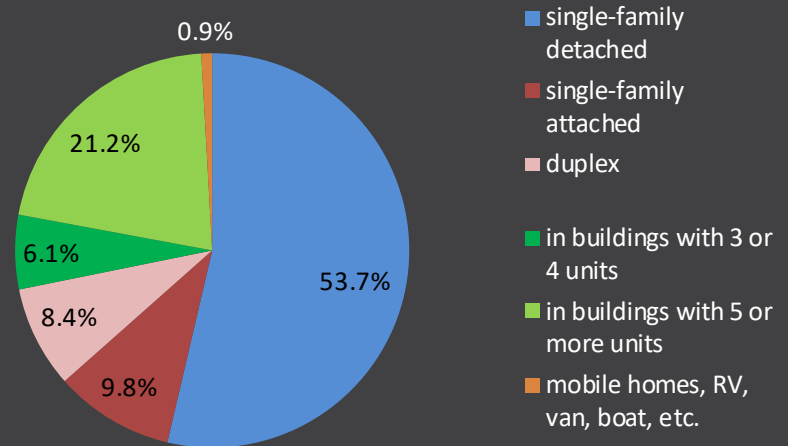
Aging-Friendly Land Use Assessment

Housing Assessment Factors



- Is housing affordable?
- Is a range of housing types promoted?
- Are lot dimensional requirements flexible?
- Are programs to expand affordability offered?
- Are design requirements in place?
- Is there inclusionary zoning?

New Jersey Housing Units By Type, 2021



source: 2021 American Community Survey 1-year estimates

Aging-Friendly Land Use Assessment

Transportation/Mobility Assessment Factors

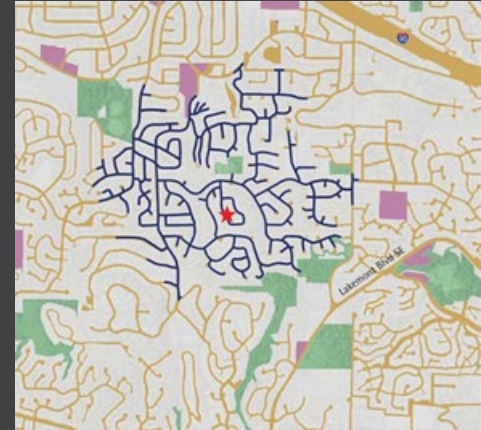


- Do streets and sidewalks connect?
- Are street crossings protected?
- Are traffic calming efforts underway?
- Are non-automobile modes/transit available? Promoted?
- Is bike/ped access to community facilities readily available?

This



Not this



Aging-Friendly Land Use Assessment

Public Spaces/Amenities Assessment Factors



- Is there a community-wide interconnected system of pedestrian access to parks and facilities?
- Are there sufficient gathering and community spaces, particularly in the downtown?
- Is green infrastructure being implemented to serve multiple functions?





Thank you!

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School of Health Professions
OCCUPATIONAL THERAPY DOCTORATE

More Than Tomatoes: Home-Grown Efforts to Spur Age-Friendly Community Work in New Jersey

Harnessing the Power of Collaborative Research:
Unveiling Strategies for Transformative
Community Action

Emily J. Balog, PhD, OTR/L, ECHM

Lauren Snedeker, DSW, LSW

Pat Lindsay-Harvey, Willingboro Community Development Corp President

Acknowledgements



School of Medicine
& Health Sciences

What is your background/profession/reason you are here?

Nobody has responded yet.

Hang tight! Responses are coming in.

Background

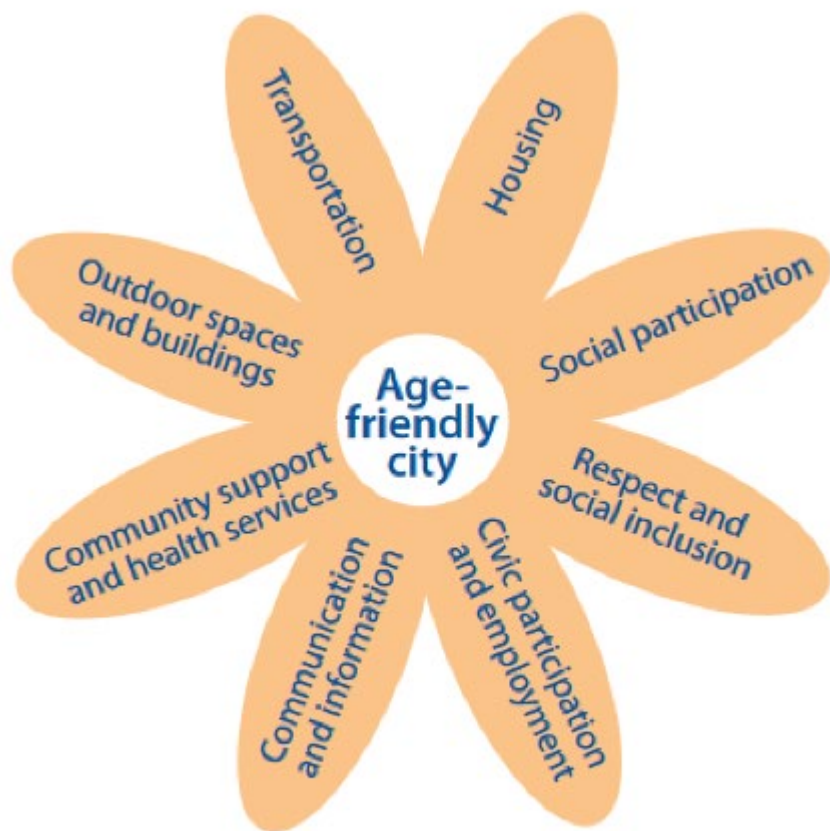
- Suburban communities- 51% (Parker et al., 2018; Scharlach, 2016).
- 95% live in community setting (Jansson, 2019; Black et al., 2015)
- Co-morbidities=risk for institutionalization (Sabia, 2008).
- Older adults in moderate income suburban communities are increasingly at a higher risk for institutionalization should their health or finances decline as the access to their wealth is within the home in which they dwell (Golant, 2014; 2015).
76% 65+ homeowners in NJ
- Costly Longterm Care (LTC) model (National Quality Forum, 2016; Seeman, Merkin, Crimmins, & Karlamangla, 2010)
- Aging in Place/Home and Community Based Services (HCBS)
- Participation is associated with quality of life, active aging, and is a cornerstone in aging in place (Carver, Beamish, Phillips, & Villeneuve, 2018; Moulaert et al., 2016).
- Community Action Plans (CAP) problems (Plouffe, Kalache, & Voelcker, 2016)



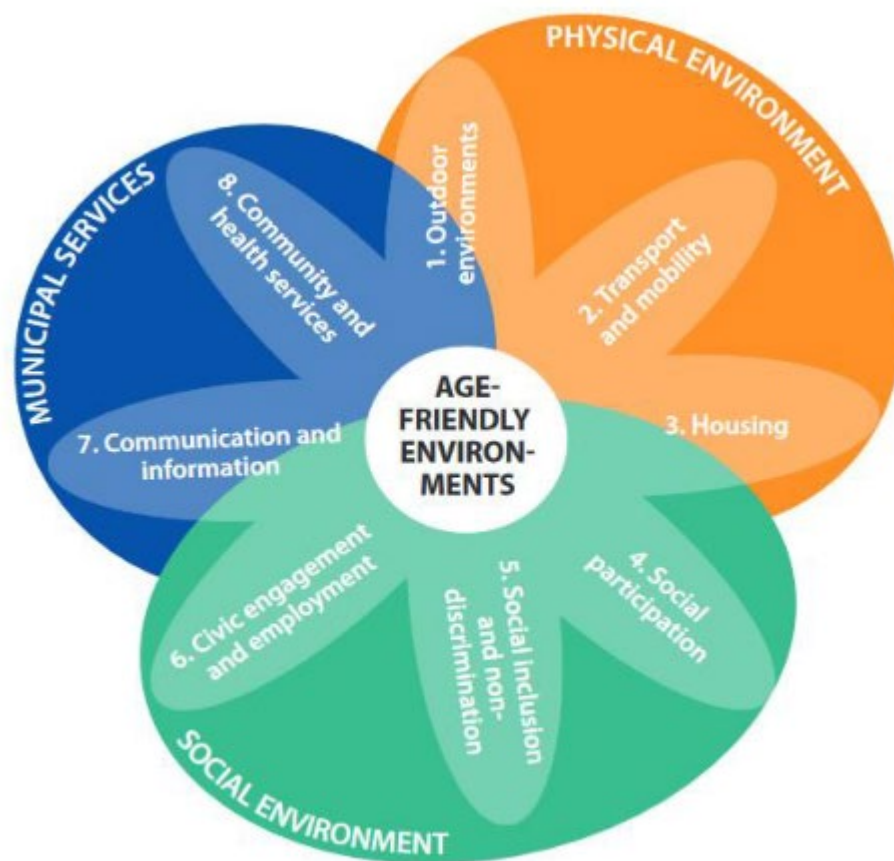
What makes a community 'age friendly'?

Nobody has responded yet.

Hang tight! Responses are coming in.



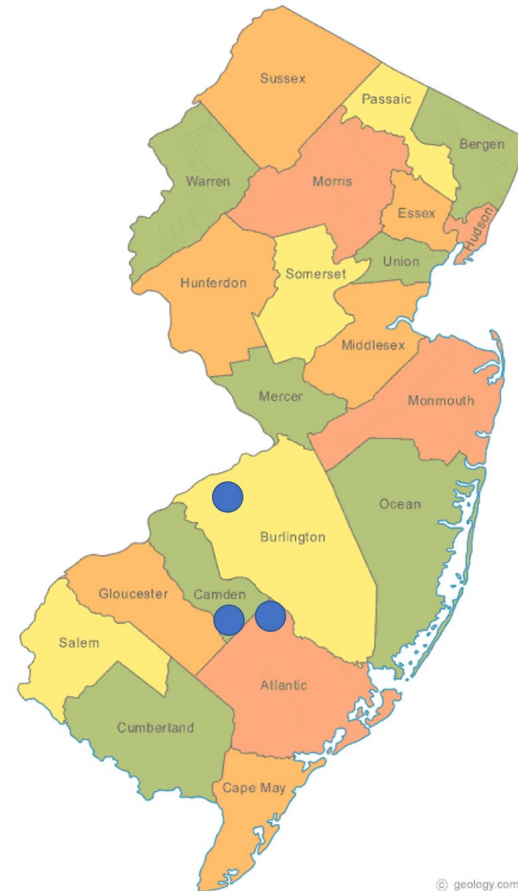
(a)



(b)

THE GOAL OF THIS STUDY

Find the best ways to empower older adults to participate in their community by understanding their needs and ideas from their point of view.



Multiple Regression

USER-P satisfaction

WHODAS score ($B = -0.266$), **Information** ($B = 8.20$), $p < .05$ to *USER-P* (adj. $R^2 = .456$, $p < .001$)

Logistic Regression

Outdoor Mobility

WHODAS score ($OR = .952$, 95% CI [.908, .996], Nagelkerke $R^2 = 48\%$)

Exercise

WHODAS score ($OR = .948$, 95% CI [.902, .996], Nagelkerke $R^2 = 55\%$)

Daytrip

WHODAS score ($OR = .961$, 95% CI [.924, .998], Nagelkerke $R^2 = 45\%$)

USER-P measures satisfaction with participation
WHODAS measures functional ability level

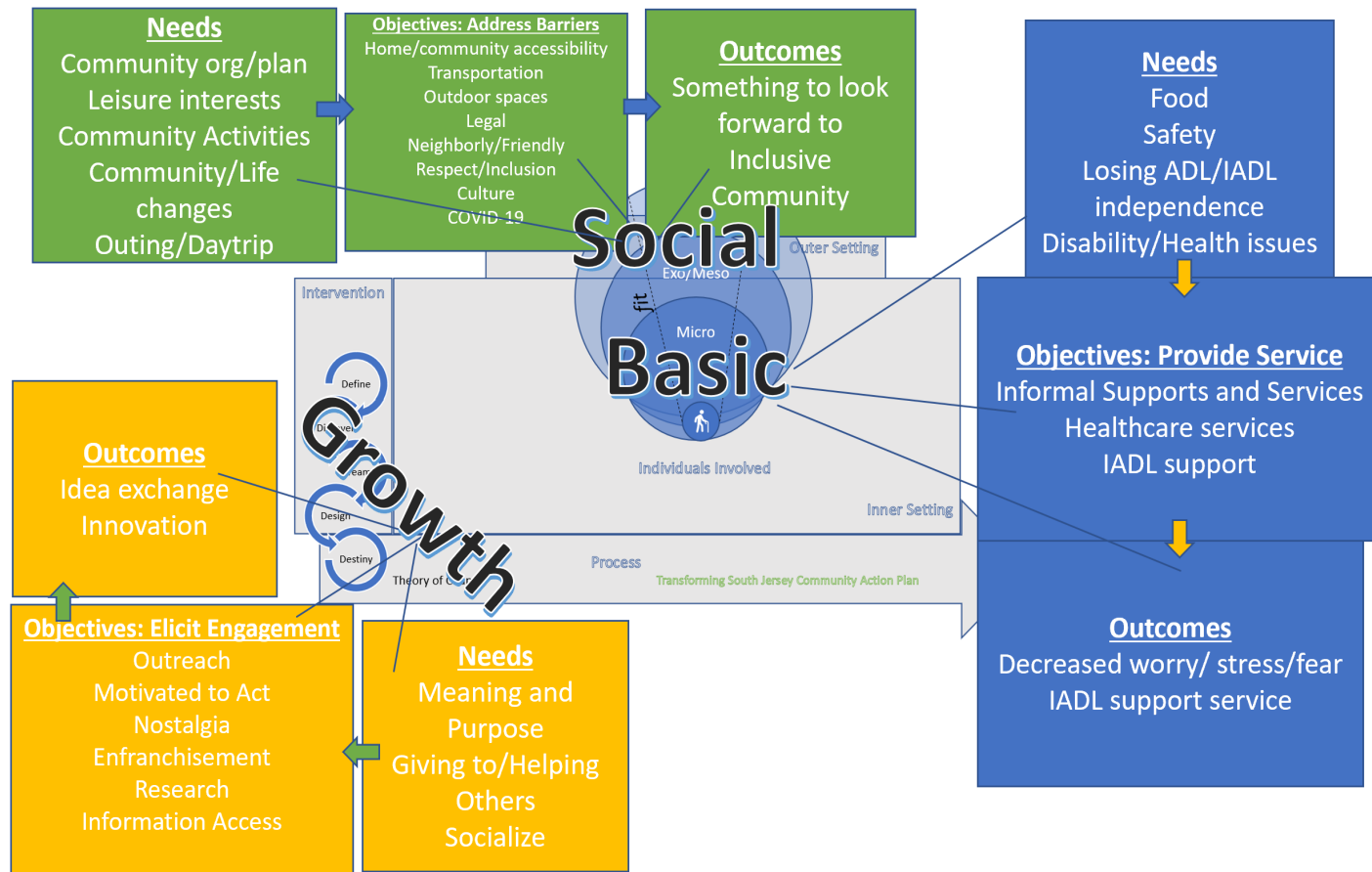
“From an aging perspective, some of the things I would like to not have to stress over is, A, finding people who can help do repairs, finding people who can help maintain your property.” (Participant 11)

“I think it’s my need to be needed...” (Participant 8)



“And some of these projects, yeah, they serve a purpose for sure, but almost an unintended consequence, they foster community.” (Participant 2)

Theory of Change



Older adults are empowered to participate in one's community when there is support for basic and home living needs, when options for participation match one's level of ability, interest, and values, and when one is invited knows where to find information about programs, services, or events.

Stakeholder Meeting: Empowering Participation

Leveled
Engagement

Communication/
Information

Enfranchisement &
Champions

Social/ Cultural
Capital

“

In addition to being served, [older adults]- they like to feel as if they're needed. As if that someone needs their help, even if it's going out to schools and reading to the students. Because **without a doubt, [older adults] have a wealth of knowledge...** They have information that they can pass on. And also, I guess, it's just part of being a human being, you always want to feel needed. **You need to feel needed, feel valued.** That adds to your own personal wellbeing also. [Older adults], as well as various kinds of services coming to them, they also, want to feel as if they're needed”
(Participant 8).

Who should be involved in making a community age friendly?

Nobody has responded yet.

Hang tight! Responses are coming in.

What's next?



Developing a Theory of **Action** within the three communities



Collaboration
Occupational Therapy,
Nursing, Social Work

HCBS

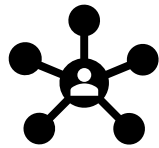


Searching for **vocational** partnerships

Research Design



Focus
group



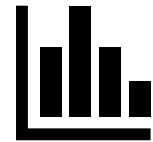
Build
HCBS



Survey



Interview



Evaluate

- IDT = Interdisciplinary Team in home and community-based services
 - *Nursing, Occupational Therapy, Social Work, and Vocational Services*
- In order to decrease negative feelings like worry, stress and fear, we plan to help older adults in the community modify their micro – level environments.
- Specifically for our research, this includes;
 - Creating a coordinated IDT team to screen and assess fully the strengths & needs of older adults in their homes
 - Opportunities to identify practical and emotional strategies, like home modifications and motivational interviewing
 - Connecting these older adults with coordinated services that respond to these needs
 - Surveying the older adults about their experience with this IDT team approach
 - Laying a foundation for the development of innovative home and community-based services for the future

Thank you!

- What questions and comments do you have?
- Emily.balog@rutgers.edu

