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# ***THE PARK DANFORTH***



***Single Site Location***  
***Sponsor Organization Founded 1881***

***Located in Portland Maine***  
***Section 8 Program Established 1985***

<b><i>Total Units:</i></b>	<b><i><u>160</u></i></b>
<b><i>Section 8 IL:</i></b>	<b><i>70</i></b>
<b><i>Market Rate IL:</i></b>	<b><i>54</i></b>
<b><i>Assisted Living:</i></b>	<b><i>36</i></b>

***2.4 acres***

# **MISSION STATEMENT**

*The Park Danforth is a not-for-profit corporation dedicated to providing high quality housing and services to those 60 years of age and older.*

***Our Mission is to provide housing and services that enhance a person's quality of life, respect personal dignity, and accommodate the need for privacy and self-determination.***

***In doing so, we aim to respond to the individual's changing needs brought about through aging.***



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# **HOW DID WE GET HERE?**

***Networking  
Idea Exchange***

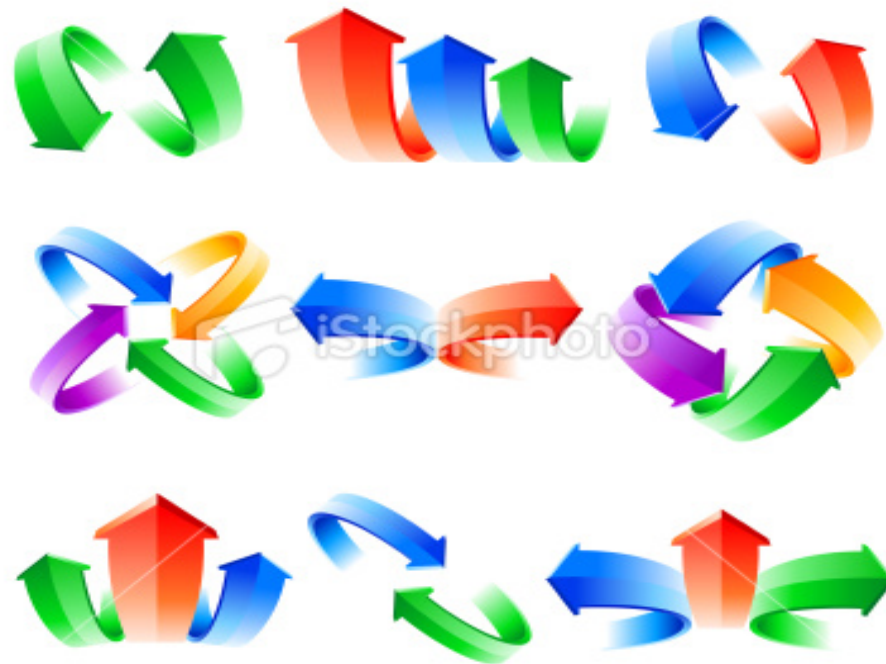


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# **HOW DID WE GET HERE?**

## ***Changing Environments***

- ***Regulations and Reimbursement***
- ***Changing Resident Profile***



## **Regulations and Reimbursement**

- ***Reductions of BedHold Payments (Medicaid)***
- ***Medical Eligibility for AL strands Residents in IL***
- ***No AL for Cognitive Challenges alone***
- ***Meal Program is too expensive for some residents (ELI/VLI)***
- ***Meal Tax imposed; exacerbates ^***



# ***Changing Resident Profile***

***Residents are***

- ***New Generation***
- ***more engaged***
- ***Want something more, not “same old, same old”***



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# **HOW DID WE GET HERE?**

- ***Changing Needs of Residents***
- ***Strategic Initiatives***



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# **Strategic Initiatives**

## **Before COLLAGE**

- *Develop “AL to IL”*
- *Expand/Change Meal Program*
- *Develop Day Program for those w Cognitive Challenges*

## **After COLLAGE:**

- *Data to quantify resident needs and goals*
- *Moves from paternalistic to resident-directed model*
- *Insures maximization of human, financial resources*





***Better means to a MORE APPROPRIATE end***



# **WHAT ARE** **THE EXPECTED OUTCOMES?**

## **COLLAGE Assessments will...**

- ...inform us as to the residents needs/personal wellness goals***
- ...lead to more/better/different programming opportunities***
- ...help keep people as independent/safe as possible in IL***
- ...help define where to focus community partnership efforts***
- ...help target our limited staff as strategically and cost-effectively as possible***
- ...insure that initiatives are responsive to the residents' changing needs***



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# **WHAT ARE** **THE EXPECTED OUTCOMES?**

## **IN SHORT...**

- ***Make highest/best use of the Organization's limited resources***
- ***Expand our community partnerships***
- ***Meet the Mission!***

*to provide housing and services that enhance  
a person's quality of life, respect personal dignity  
and accommodate the need for privacy and self-determination.*




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# **WHAT'S THE COST?**

## **Phase I Start Up:**

- **Service Coordinator and Helper assessment**      **4 hours per**

## **Phase II:**

- **Partner w/ University of New England School of Nursing**
- **2 students per semester or year**
- **Qualify for academic credit/Fulfill Community Health Rotation**
- **Engage the students as “team members” for planning meetings. (Get  information)**

# **WHAT'S THE EXPERIENCE?**

- **Residents volunteer for the Healthy Aging Conversation**
  - They are candid and open
  - They enjoy the one-to-one time with the interviewer
  - They share things we did not previously know



# **WHAT HAVE WE LEARNED?**

**CASE STUDIES:  
What we are hearing**



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# **Community Resources**

**EnhanceWellness** is designed for independent living older adults 60+ with chronic health conditions. The program supports participants in making the changes they want to improve their health. The program includes:

- The EnhanceWellness Team: participant, registered nurse, social worker, health mentor, primary care physician
- A health screening and action plan
- Ongoing personal encouragement and feedback
- Problem solving, health education and regular monitoring
- Support and links to other community services
- Participants enroll in the EnhanceWellness for 6 months.  
**There is no charge for the program.**

**[www.projectenhance.org](http://www.projectenhance.org)**

Source: <http://www.maine.gov/dhhs/oes/healthychoices/wellness.shtml>

Partnership for Healthy Aging: (207)775-1095 for more information



# *Community Resources*

**EnhanceFitness** is a low-cost, supervised exercise class for older adults age 50+. It is designed to be safe and effective for seniors with a wide range of physical abilities and can transition to a self-maintained home program. The program includes:

- Strength training
- Aerobics
- Stretching
- Balance exercises
- Classes are held for 1 hour three times a week.
- Fee varies by host site

[www.projectenhance.org](http://www.projectenhance.org)

Source: [http://www.maine.gov/dhhs/oes/healthychoices/fitness\\_provider.shtml](http://www.maine.gov/dhhs/oes/healthychoices/fitness_provider.shtml)

# ***Community Resources***

**A Matter of Balance/Volunteer Lay Leader (MOB/VLL)** program, specifically designed to reduce fear of falling, stop the fear of falling cycle, and improve activity levels among community-dwelling older adults. The program includes eight two hour classes where participants learn to

- view falls and fear of falling as controllable;
- to set realistic goals for increasing activity;
- to change their environment to reduce fall risk factors; to promote exercise to increase strength and balance.

MOB/VLL is designed to benefit community-dwelling older adults who are concerned about falls, have sustained a fall in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, are age 60 or older, ambulatory and able to problem-solve. Participants have found significant improvement regarding their level of falls management; falls control; level of exercise; and social limitations with regard to concern about falling.

Source: <http://www.maine.gov/dhhs/oes/healthychoices/balance.shtml>

# ***Community Resources***

The **Chronic Disease Self-Management Program**, or **Living Well**, is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Subjects covered include techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and, how to evaluate new treatments. Program participants demonstrate significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations.

Source: [http://www.maine.gov/dhhs/oes/healthychoices/living\\_well.shtml](http://www.maine.gov/dhhs/oes/healthychoices/living_well.shtml)

# References

- National Council on Aging Center for Healthy Aging – (NCOA): a national resource center for aging service providers, Administration on Aging Evidence-Based Health Promotion Grants program grantees, and anyone interested in healthy aging programming. <http://www.healthyagingprograms.org/>
- Eldercare Locator- a new national resource from Administration on Aging that helps to find community services [www.eldercare.gov/Eldercare.NET/Public/Index.aspx](http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx)
- Project Enhance (For additional information about EnhanceFitness and EnhanceWellness Programs): [www.projectenhance.org](http://www.projectenhance.org)
- Lots of Free Up to Date Material for residents/teaching. <http://www.nih.gov/>
- MaineHealth's Partnership for Healthy Aging: <http://www.mainehealth.org>
- Community Counseling Services <http://www.commcc.org/programs/index.html>

