

Examining Organizations that Benefit Older Adults in the Community

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Why is this important?



- Some of the most important factors of elder-friendly communities are shopping, place of worship, healthcare, recreational organizations, and meal delivery (Alley et al., 2008).
- It is important to have organizations that benefit older adults to ensure all aspects of health
- For aging adults, there are many changes that happen mentally, emotionally, and physically - there should be supports in place to assist the adults in experiencing the associated challenges
- Over 25 million Americans 60+ are financially insecure (NCOA, 2020).
 - In 2015, 2.9 million households with a senior experienced food insecurity
 - Many older adults are on a fixed income and need access to services they may not be able to afford.

What is already known?



- People who are entering retirement years have an increased need to pursue activities and hobbies that they enjoy and that benefit their overall mental and physical health.
 - “Leisure pursuits can serve important functions by helping older adults maintain their health through physical activity and their cognitive functioning, (Whitbourne & Whitbourne, 2020).
- Social groups and services help people build personal connections
 - Beneficial for cognitive and mental health
- Organizations geared toward benefitting older adults helps people remain independent and active in deciding their own routines
- Personality and individuality can be challenged when one loses ability to pursue interests (Whitbourne & Whitbourne, 2020).

Existing Organizations



Mulberry Grove Assisted

- Assisted Living Facility that focuses on maintaining independence for retired individuals
- Promotes community interconnectedness by integrating local members in daily activities

OLLI at UGA

- Osher Lifelong Learning Center promotes lifelong learning for members 50 years and up
- Members are encouraged to continue their education and study of new topics

Silver Sneakers

- Health and fitness program for adults on Medicare that are 65 years and up
- Offers affordable gym access and specially tailored classes for age group

Golden Group

- Church organization that promotes monthly meetings and trips for members
- Encourages strong relationships between members with personal and spiritual relationships



What needs further exploration?

Transportation Services

- Many people in late adulthood have decreased ability to drive themselves due to decline in motor skills and vision
- Social exclusion and transport disadvantages can be avoided by ensuring that levels of transport accessibility are sufficient for older population groups (Kim et al., 2020)
- Our organization will work with the local bus station to guarantee that transportation needs are met for local members without vehicles or family to drive them



Mobility Problems


- Promoting mobility for an individual can be difficult outside of skilled nursing facilities and assisted living
- Exercise interventions are a safe and effective strategy to enhance functional independence and physical performance in older individuals (Valenzuela et al., 2020)
- Our organization will have specific fitness programs for low mobility members as well as trained personnel on site to assist with further accommodations










Statement of Issue

- Engagement in a community center can delay the onset of chronic disease (NCOA).
- An organization should be designed to foster community, prevent food insecurity, and assist in mental health services.
- Adults 65+ often depend solely on SSI, which creates the need for an affordable community center



 **Healthy Eating After 50**
1,600 to 2,000 calories/day,
depending on physical activity & weight

The USDA Food Patterns Plan recommends that individuals over 50 eat a variety of healthy foods from the following:

FRUITS	VEGGIES	GRAINS	PROTEIN	DAIRY	OILS	SOLID FATS & ADDED SUGARS
1.5 to 2.5 cups Deep colors including berries, peaches, and pumpkin.	2 to 3.5 cups Dark greens such as kale, broccoli and spinach.	5 to 10 ounces One ounce would be a small loaf muffin or a slice of wheat bread.	5 to 7 ounces One ounce would be one egg or one tablespoon peanut butter.	3 cups 1 cup fat-free milk or 1 cup yogurt.	5 to 8 teaspoons Avocado, nuts, and olives.	Keep these amounts to a minimum. Cookies, chips, etc.
						

Caring for the WHOLE person - Body, Mind, and Spirit. That's the WholeCare Difference!

- Population aging is occurring throughout the world and as the older population increases, significant changes will need to be made including the need for changes in the transportation system (Kim et al., 2020)
- Physical activity in older adults helps maintain the ability to live independently and decreases the risk of:
 - Stroke
 - Cancers
 - Type 2 diabetes
 - Depression (Valenzuela et al., 2020)

Our Organization

- Services Provided:
 - Mental health resources
 - Counseling with therapists
 - Workshops free to public
 - Financial planning for those about to enter retirement
 - Meal planning
 - Fitness programs
- Cost:
 - \$40/month for full membership for those ages 50-64
 - \$30/month for full membership for those ages 65+
 - \$20/month for partial membership for those ages 50-64
 - Extra services and workshops can be purchased separately



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Our Organization



[shutterstock_494089063.jpg](#)

- **Time Availability:**
 - Monday-Friday: 9am-12pm, 3pm-6pm
 - Saturday: 9am-12pm
 - Sunday: Closed
 - Emergency services available at notice
- **Feasibility:**
 - Since members are required to pay, fund will be available to hire employees
 - Workshops will be free and volunteer-based
 - Being in a college town, we will recruit college students to lead community activities and fitness classes

Our Organization

- How will we fit into the community?
 - Our organization will serve as a guide for community members to have an opportunity for an active and fulfilling lifestyle post-retirement.
 - Allows people from all walks of life to meet and form meaningful relationships
 - Keeps the community well-rounded and socialized for diverse populations
 - Allows members to continue hobbies and interests they pursued earlier in their lives
 - Promotes continuity of individual well-being



<https://www.ltcaenid.org/wp-content/uploads/2018/03/elderly-group.jpg>

Resources

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