

# **FRIDAYS IN MAY**

# **AGING IN COMMUNITY**

**MARCH 14, 2021**



# WHAT IS ETHOS?

- Boston's first neighborhood-based non-profit devoted solely to keeping elders at home.
- Founded in 1973 with a staff of 4 and funding for 1 meal site.
- Currently employs 150 with \$37 million annual budget.
- Utilizes over 500 volunteers.
- State designated Aging Services Access Point.



# UPCOMING EVENTS

**MAY 21:**

## **BOSTON, A GREAT PLACE TO AGE! OVERVIEW OF SENIOR SERVICES**

The Age Strong Commission will provide an overview of programs and services provided by the City of Boston, and other governmental organizations, such as transportation, tax relief, home repair, to name a few, that help older adults in the community.

**MAY 28:**

## **AGING IN BOSTON – LIVE HEALTHY, BE SOCIAL, STAY ACTIVE!**

This virtual event caps off our celebration of National Older Americans Month and be an opportunity to connect with family and friends, learn how to stay healthy and active as well as, be treated to some fun entertainment.



# WHAT IS AN ASAP?

## Aging Services Access Points are:

- One-stop shopping for elders and caregivers seeking long-term care.
- Community-based nonprofits with a majority of elders on their Boards of Directors.
- Independent care managers; don't provide direct care.
- Non-duplicative organizations serving specific geographic areas.
- Funded and regulated primarily by the state.

# AGING SERVICES ACCESS POINTS

## ASAPS

There are 25 ASAPS statewide in exclusive geographic areas. ASAPS provide:

- Information and Referral
- Case management
- Intake, assessment, development and implementation of service plans
- Monitoring of service plans
- Reassessment of needs
- Investigations of abuse and neglect of elders (Protective Services)

[1\) Boston Senior Home Care](#)   2) [Central Boston Elder Services](#)   2) [Ethos](#)

# **SUSAN TENA**

## **DIRECTOR OF HOME CARE, ETHOS**



# WHAT IS HOME CARE?

Home Care is a state-funded program that enables qualified people over 60, to remain in their own homes as they age.

## Some of the most popular Home Care services include:

- Homemaking (cleaning, meal preparation, etc.)
- Laundry (pick up and drop off)
- Grocery Shopping
- Bathing & Dressing
- Personal emergency response system
- Alzheimer's coaching for caregivers
- And more...



# ELIGIBILITY: AGE AND RESIDENCE

## Age

- 60 years and older
- Under 60 with a diagnosis of dementia

## Residency

- Consumers must be living at home in Massachusetts and not in an institutional setting or Assisted Living Residence.
- Ethos serves West Roxbury, Roslindale, Hyde Park and most of Jamaica Plain and Mattapan.
- Some parts of Jamaica Plain and Mattapan, and other neighborhoods of the city, are served by Central Boston Elder Services and Boston Senior Home Care.





# ELIGIBILITY: UNMET NEEDS

Must be assessed to have a Functional Impairment Level based upon need for assistance with:

- **Activities of Daily Living (ADLs)** include bathing, dressing, eating, toileting, continence, transferring, and mobility
- **Instrumental Activities of Daily Living (IADLs)** include meal preparation, shopping, laundry, managing money, housework, transportation, use of telephone, outdoor mobility, and taking medicine
- **Critical Unmet Needs include ADLs**, meal preparation, shopping, medical transportation, medication management, or respite care



# ELIGIBILITY: FINANCIAL

**There is no income limit for HC programs.**

Case Management is free of charge to all HC consumers.

Copayments may apply from zero to 100% of the cost of service based upon income.

ASAPS work with consumers to adjust and sometimes eliminate copayments due to financial stress at any income level.

# WHO PERFORMS THE ASSESSMENT?

- Specially trained intake workers and case managers
- Registered nurses assess individuals who need assistance with personal care
- Annual reassessment during client visits to determine if anything has changed or additional supports are required



# EXAMPLES



# OPTIONS COUNSELING PROGRAM

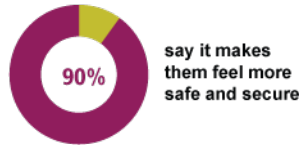
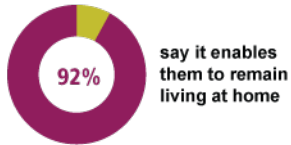
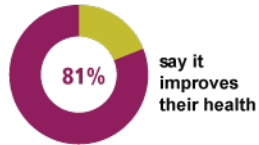
**Helps individuals and families answer the question:  
“Can I continue to live in my own home, independently?”**

- Serve elders age 60+ and adults with disabilities
- Available at no cost
- provide unbiased information about long term care services and resources
- Ensures that the individual retains control over the process
- Provides decision support
- Assists in determining next steps to take



# NUTRITION

- **Home Delivered Meals (Meals on Wheels)**
- **Community Cafes (Congregate Meals)**
- No income or asset test, 60 years old
- Inability to prepare a nutritious, hot meal on one's own
- In-home nutrition consultation
- Request for donations, no direct billing allowed
- Meals for different dietary needs and cuisines



The number of seniors struggling with hunger is projected to increase by another

**50%** 

when the youngest of the baby-boomer generation reaches 60 in 2025.

The rate of hunger among seniors has increased



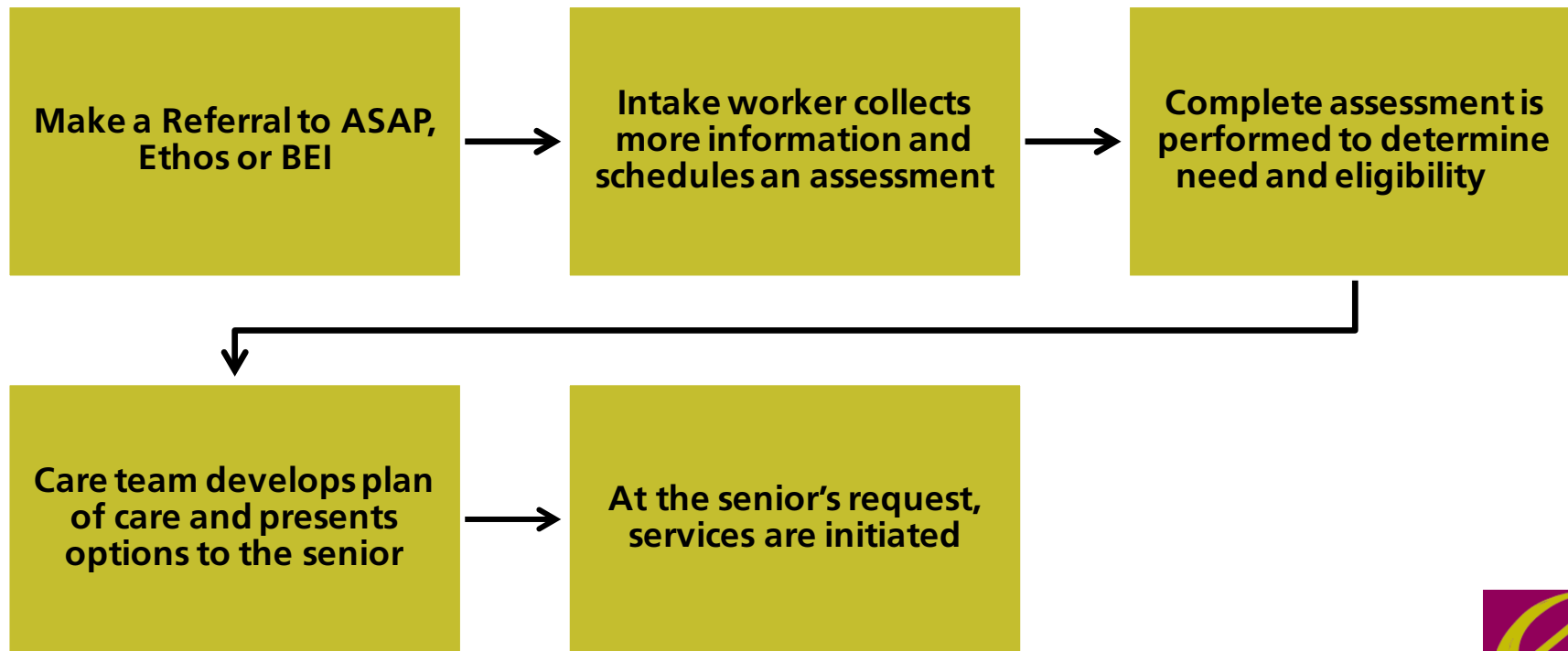
since 2001

# PERSONAL CARE ATTENDANT (PCA)

- Requires MassHealth Standard or CommonHealth
- Chronic, ongoing need for at least 2 ADLs
- Ability to recruit, hire, train, terminate workers
- A fiscal intermediary generates the paychecks and required documents



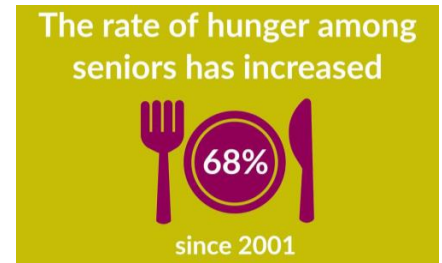
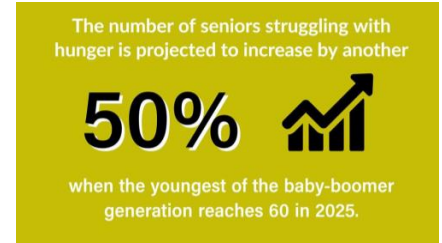
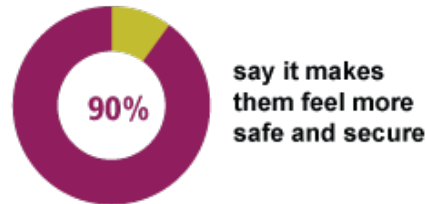
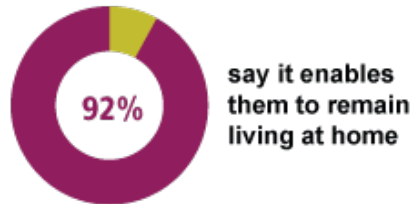
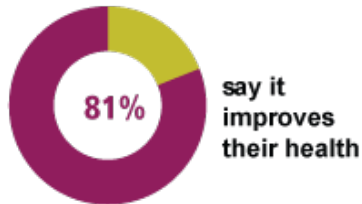
# WHAT IS THE PROCESS?





# NUTRITION

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# MEDICARE COUNSELING

## **SHINE – Serving the Health Insurance Needs of Everyone**

- Provides free health insurance information and counseling to MA residents with Medicare and their caregivers.
- Helps elders and individuals with disabilities in understanding their Medicare and MassHealth benefits and other health insurance options.
- Accurate, unbiased and up-to-date information about their health care options.
- Counselors may review present coverage, provide written comparisons of plans, protect Medicare beneficiaries from paying for bills they should not pay, and prevent paying for unnecessary duplicate coverage.

# MONEY MANAGEMENT



## The Boston Money Management Program

- Provides Boston's *most vulnerable* elders and individuals with disabilities with the information and resources to remain financially independent.
- **Maintain housing and essential expenses**
- Establish and execute a responsible and mutually agreed-upon spending plan, which includes some money set aside for savings.
- Education on topics such as budgeting, bill paying, security, and scams and frauds.
- **Bill Payer Volunteer Support or Representative Payee Services**

# ETHOS & ASAP PROGRAMS



**HOME CARE**



**SENIOR CARE OPTIONS**



**NUTRITION**



**MONEY MANAGEMENT**



**OPTIONS COUNSELING**



**PCA**



**VOLUNTEER SERVICES**



**HEALTH & WELLNESS**



**MEDICARE COUNSELING**

# KEY CONTACTS

## ETHOS

Call 617-522-6700

Visit [www.ethocare.org](http://www.ethocare.org)

## CENTRAL BOSTON ELDER SERVICES

Call 617-277-7416

Visit [www.centralboston.org](http://www.centralboston.org)

## BOSTON SENIOR HOME CARE

Call 617-451-6400

Visit [www.bostonseniorhomecare.info](http://www.bostonseniorhomecare.info)

## BOSTON ELDERINFO

Call Boston ElderINFO - 617-292-6211

Visit [www.elderinfo.org](http://www.elderinfo.org)

## PROTECTIVE SERVICES

Call Boston 1-800)-922-2275

Visit [www.centralboston.org/elder-protective-services](http://www.centralboston.org/elder-protective-services)

