

HEALTH INITIATIVES

IMPROVING THE LIVES OF SENIORS IN OUR COMMUNITY



THE CHALLENGE:

- Although it costs less than half to care for older adults at home versus an institutional setting, the state provides little funding for home and community-based services.
- Local senior centers play a significant role in older adults faring well in the home; however, the quality of center-based programming is inconsistent.
- Many older adults and their caregivers are overwhelmed trying to navigate the often confusing and sometimes uncoordinated spectrum of services for older adults.

United Way of Southeastern Pennsylvania improves people's lives by mobilizing the caring power of donors, volunteers, and communities. Our focus is on Education, Income, and Health because these are the building blocks for a good quality of life.

HEALTH: HEALTHY AGING

OUR GOAL: United Way of Southeastern Pennsylvania helps older adults stay healthy and safe in their homes and communities.

OUR STRATEGIES:

- Develop more innovative models that provide older adults with sustainable and coordinated community-based services (i.e., home maker services, in-home health services, home-delivered meals, minor home repairs, transportation to medical appointments).
- Improve and sustain the capacity, quality and programming of senior centers, adult day care providers, in-home health aides, and caregivers that serve older adults.
- Advocate for public policies and build public awareness around the need for, and success of, home and community-based services for older adults.
- Support benefit enrollment, depression screenings and intervention, in-home health aide services, and friendly visits to older adults.

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OUR IMPACT:

- Supported more than 90% of all senior centers accredited by the National Institute of Senior Centers in Pennsylvania achieve this accreditation.
- Created an assessment tool for senior centers that helped them evaluate their effectiveness and impact on older adults in their neighborhoods.
- Invested in providers of in-home services who helped 12,000 older adults receive health assessments, meals and minor home repairs.

OUR WORK

GOALS FOR THE NEXT THREE YEARS:

- Educate and mobilize more volunteers to support coordinated neighborhood and community networks of care.
- Target more older adults and families so they are better able to navigate the spectrum of available services.
- Advocate for state-level policies that will increase resources available to support home and community-based care.
- Create effective and sustainable community-based networks of care.



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