

Friends Foundation for the Aging New Grant Proposal Form

Date: 9/10/2024

Organization: Senior Community Services

TIN+Formal org. name: 23-2036247, Senior Community Services, Inc.

Contact name, phone, email: Arthur Weisfeld, Executive Director, 610-237-8100, aweisfeld@scs-delco.org

Amount requested: \$15,000

Project title: Preserving Elders Aging in Community through SCS' Aging at Home

Summary Description: Providing supportive services to elders that combats isolation and premature institutionalism, preserving important intergenerational communities and positively impacting the health and wellbeing of older adults.

1. What is the problem you have identified?

According to the U.S. Census Bureau, as of the 2020 Census, approximately 18.1% of the population in Pennsylvania is aged 65 or older. In the Greater Philadelphia area this percentage translates into a substantial number of seniors who could benefit from aging in place services. The Pennsylvania State Data Center projects that by 2030, the population of seniors aged 65 and older in Pennsylvania will increase by 38%, reflecting a growing need for services that support aging in place.

AARP's 2021 Home and Community Preferences Survey found that 77% of older adults want to stay in their homes as they age. However, 50% of those respondents reported that their homes are not adequately equipped for aging in place, indicating a need for modifications and repairs.

The Centers for Disease Control and Prevention (CDC) reports that falls are the leading cause of injury-related deaths among older adults. Home modifications such as grab bars and non-slip flooring can reduce fall risks, emphasizing the need for reliable, vetted services to make such modifications.

According to a 2020 report by the National Council on Aging (NCOA), 80% of older adults have incomes below the poverty line after housing costs, highlighting financial constraints that make it difficult for many seniors to afford home repairs and modifications.

The Genworth Cost of Care Survey (2022) indicates that the average cost of a private room in a nursing home in Pennsylvania is approximately \$120,000 per year. This underscores the cost-effectiveness of aging in place, as preventing premature institutionalization can save substantial healthcare costs.

The National Institute on Aging reports that about 28% of seniors experience social isolation, which can have severe consequences for their mental and physical health. Volunteer programs that provide regular interactions and support can help address this issue.

Research published in The Journal of Aging & Social Policy (2018) found that socially isolated seniors are at a higher risk of mental health issues, including depression and anxiety. Programs that engage seniors and provide social interaction are essential for improving their well-being.

AARP's 2021 report on Aging and Housing highlights that community-based aging-in-place support programs are increasingly in demand as more seniors seek to age in place. The report emphasizes the gap between available services and the growing needs of the aging population.

According to research in The Journal of Applied Gerontology (2019), volunteer programs that provide home maintenance and support services are effective in helping seniors stay in their homes longer and improve their overall quality of life.

These statistics simultaneously highlight the critical needs of elderly in our community and the critical need for the aging in place program offered by Senior Community Services. Elders wish to remain in their homes. Many need support to do so safely and comfortably. Many seniors face unsafe living conditions and financial constraints that prevent them from addressing home repairs and modifications. The high cost of institutional care makes aging in place a more cost-effective and desirable option for many seniors. The prevalence of social isolation among seniors underscores the importance of community engagement and regular interactions, which volunteer programs can provide.

Research has highlighted various negative impacts of isolation and institutionalism on elderly individuals, including mental health decline, loneliness, depression, cognitive decline, increased cardiovascular risk, immune function decline, and decreased healthcare utilization. Isolated seniors are less likely to seek medical care or adhere to treatment plans, which can exacerbate existing health conditions.

This program is able to enhance the quality of life for seniors, support their desire to remain in their homes, and contribute to overall community well-being.

2. What is the solution you propose to address the problem?

SCS is making strides to preserve elders aging in our community by offering the innovative Aging at Home program. The program utilizes volunteers to help elders navigate aging-in-place in the community and the upkeep and safety of their home. In addition, program staff and volunteers are combatting isolation as they become friends and “family” of elders.

There are several reasons why this program is so important and impactful:

1. As the population of elders (60+) in our community grows, there is an increasing demand for support services that help older adults remain in their own homes as they age.
2. Homes that are not well-maintained can pose safety risks for elders, such as falls, fire hazards, or accessibility issues. Volunteer handymen can address these risks, helping to prevent accidents and injuries.
3. Many seniors live on fixed incomes and may not have the financial resources to pay for necessary home repairs or modifications. Volunteer services provide an essential support that helps them avoid costly repairs and adaptations.
4. Maintaining their own homes allows seniors to retain a sense of independence and control over their lives. A well-maintained and accessible home can greatly enhance their quality of life and extend their time outside of institutions.
5. Volunteer interactions also help reduce feelings of loneliness and isolation among elders. The social aspect of volunteering provides companionship and fosters community connections.
6. This program builds a sense of community by encouraging local residents to contribute to the well-being of their neighbors. This fosters a spirit of mutual aid and support.
7. Regular maintenance and small repairs can prevent minor problems from escalating into more significant and expensive issues, saving resources and reducing stress for seniors.
8. Volunteers providing transportation to medical appointments, pharmacies, and the grocery store compassionately remove barriers for care and basic needs.

The program addresses critical needs related to safety, financial constraints, independence, and community support, making it an important initiative for enhancing the well-being of older adults. By addressing these areas, volunteers and program staff help seniors remain independent and safe in their own homes, contributing to their overall well-being and quality of life.

Additionally, research shows that when elders age in place, it fosters intergenerational connections, strengthening community bonds. Children and older adults benefit from these relationships, which aligns with the Quaker value of community support and mutual aid.

Quaker values of mutual support and care resonate with the findings that intergenerational programs promote resource sharing and emotional support. Older adults and children both contribute to, and benefit from, these relationships, reflecting the Quaker commitment to mutual care. *Service to others is a core tenet of the Quaker lifestyle. Quakers are committed to acting with compassion and providing support to those in need, reflecting their belief in the inherent worth of every individual.*

Quakers value simplicity and living in a manner that emphasizes meaningful relationships and a focus on what truly matters. The research shows that aging in place contributes to an improved quality of life for both seniors and children. Simplicity in living arrangements, where elders remain in familiar and comfortable environments, supports their well-being and reinforces the value of simplicity in the Quaker lifestyle.

Quakers strive for peace and harmony in their interactions with others. They seek to create environments where individuals can live harmoniously and support one another. The research indicates that intergenerational interactions reduce social isolation and foster community cohesion. By promoting peaceful and harmonious relationships between generations, Aging at Home contributes to a more balanced and supportive community environment, which aligns with the Quaker pursuit of peace.

Quakers believe in treating everyone with respect and recognizing the inherent worth of each individual. The research shows that intergenerational programs and aging in place models foster respectful interactions between generations. By valuing and respecting each other’s contributions and experiences, these practices reflect the Quaker commitment to honoring the diversity and dignity of every person.

In summary, the Quaker lifestyle’s principles of community, service, simplicity, peace, and respect intersect deeply with the benefits of aging in place and intergenerational connectedness. Both the Quaker values and the research emphasize the importance of fostering supportive relationships, enhancing quality of life, and creating harmonious and inclusive communities.

3. What actions will you take?

This program provides elders with:

- Chore Assistance - Yard Work, Snow Removal, and more
- Volunteer Handyman Services - Small home repairs, hanging items, and more
- Transportation - A door-through-door service providing transportation
- A supportive, inclusive community
- Health & Wellness Programs
- Information and Referral Services – helping elders solve problems, connect to eligible benefits, and more
- Connections with Partners - vetted local businesses who provide equitable services to older adults

4. Describe the population to be served.

This program is open to any elder in the Greater Ridley and Greater Lansdowne areas. The goal is to increase both the number of volunteers involved in the program and the number of elders being served. Over the past 12 months, SCS served over 350 elders. Since January, 12 new elders have joined the program. Also since January, volunteers have provided:

- 132 transportation sessions - many times they go to multiple stops and volunteers help push the grocery cart, wait in the waiting room at the doctor, etc
- 56 handyman visits were performed by volunteers - installing hand rails, repairing plumbing, etc)
- 24 yardwork cleanup sessions were provided by volunteers
- 142 navigator-type services were provided, assisting elders in connecting with public benefits, needed health services, etc.
- 99 connections to vetted partners provided equitable services to elders (roof replacement, etc)

5. Are there partners/collaborators for implementation or funding-who?

Yes. Collaboration is critical to the success of this program. There are many partners who make this program successful. Ongoing, SCS is seeking and securing additional partnerships to continue to expand the program impact, reach, ability, and effectiveness. Current collaborators include over 25 fully screened/background checked highly skilled compassionate volunteers providing handyman services, transportation, a friendly face, and a sense of community. Volunteers become “family”. Additionally, program partners include vetted local businesses who provide equitable services to older adults when the task is above the ability of a volunteer (i.e roof replacement) ensuring elders are treated with fair service and discounted pricing. Current list of partners: <https://scsdelco.org/pdfs/Partners%20Page%20Version%202%20Nov%2020%202014.pdf>

Has the solution been tried by other organizations?

Yes. Aging in place models are innovative, best practice models that should exist everywhere, to encourage intergenerational communities (important to residents of all ages) and show compassion and care to elders. Everyone deserves to age with feelings of belonging, community, and love. We are grateful to be able to offer a program that aligns with global “best practices” in our community. Research on aging in place models highlights the effectiveness and increasing need for such approaches to support older adults in maintaining independence and quality of life. Here are some key findings from recent studies:

A study published in *The Journals of Gerontology* (2017) found that aging in place is associated with improved quality of life and better overall health outcomes. Seniors who remain in their homes experience greater life satisfaction and emotional well-being compared to those who move to institutional settings.

Research in *Health Affairs* (2016) indicates that aging in place models can be more cost-effective compared to institutional care. Home-based care often incurs lower costs than nursing home care, making it a more financially sustainable option for long-term support.

A study in *The American Journal of Managed Care* (2019) found that home-based care models are associated with reduced hospitalizations and emergency room visits. This is often due to better management of chronic conditions and more personalized care.

Research published in *The Gerontologist* (2016) highlights that aging in place supports greater autonomy and control over daily life. Seniors in these models report higher satisfaction with their living conditions and maintain a stronger sense of independence.

Research in *Journal of Housing for the Elderly* (2021) emphasizes the importance of home modifications, such as ramps and grab bars, to support aging in place. Effective models often include assistance with these adaptations to improve safety and accessibility.

A study published in *The Lancet Public Health* (2020) underscores the need for integrated care models that combine healthcare, social services, and home modifications. Comprehensive approaches address multiple aspects of aging in place, including medical, social, and environmental needs.

Research in *Journal of Aging & Social Policy* (2018) highlights that aging in place models often involve community support networks, which are crucial for reducing social isolation and providing emotional support.

Overall, the research demonstrates that aging in place models can be highly effective in improving the quality of life, reducing costs, and supporting independence for older adults to remain in their community.

6. How will you know your actions are having an impact? How will you measure outputs and outcomes?

Tracking the impact of a volunteer handyman aging in place model involves a combination of quantitative and qualitative methods to assess various dimensions of effectiveness and outcomes. SCS will systematically measure the impact by:

- Measure changes in reported levels of anxiety, depression, or loneliness.
- Assess improvements in home accessibility and mobility, such as the installation of ramps or grab bars.
- Track the number of hours volunteered and the types of tasks completed.
- Survey volunteers to gauge their satisfaction with their experience and the program's impact.
- Conduct interviews with seniors before and after intervention to measure changes in safety and satisfaction.
- Perform home inspections before and after repairs or modifications to document improvements.
- Collect and analyze testimonials from seniors and their families to understand the personal impact of the program.
- Develop case studies of individual homes to highlight specific improvements and outcomes.
- Partner with local organizations, healthcare providers, and senior advocacy groups
- Use collected data and feedback to adjust the program, improve processes, and address any identified gaps.
- Assess overall effectiveness and make necessary changes to better meet the needs of seniors.

By systematically tracking these aspects, we measure the effectiveness of the aging in place model, demonstrate its impact, and continuously enhance the program to better serve seniors in the community. We look forward to providing you with results.

Thank you so much for your time and consideration of this critical request. SCS considers itself an organization that aligns with the Quaker lifestyle, from executive board and leadership to the programs offered. Specifically, the Aging at Home program offered by SCS aligns with Quaker principals. A Quaker lifestyle, grounded in principles of simplicity, peace, integrity, community, and service, aligns closely with the efforts of volunteer handymen helping seniors age in place. Here's how these aspects of a Quaker lifestyle relate to this kind of volunteer work:

Simplicity: Quakers value simplicity and living with intention. By helping seniors maintain their homes, volunteers support a simpler, more manageable living environment, free from unnecessary complications or hazards. This aligns with the Quaker principle of reducing excess and focusing on what truly matters—well-being and safety.

Peace: Quakers strive for peace in their interactions and environments. Assisting seniors with home repairs and modifications helps create a peaceful and safe living space, minimizing stress and potential conflicts that might arise from unsafe or poorly maintained conditions.

Integrity: Integrity involves acting honestly and with a strong moral compass. Volunteers who offer their time and skills with the genuine intention of helping others demonstrate this principle, ensuring their work is done with care and respect for the seniors' needs and preferences.

Community: Quakers emphasize the importance of community and mutual support. Volunteer handymen embody this principle by fostering a sense of community through their service, building connections between themselves and the seniors they assist, and strengthening the social fabric of their neighborhoods.

Service: Service is a core Quaker value. By providing practical help to seniors, volunteers fulfill this commitment to serving others selflessly and with compassion, directly impacting the lives of those who may be vulnerable or in need. In essence, the act of volunteering to help seniors age in place reflects the Quaker commitment to living a life of service, integrity, and community, while also fostering a simpler and more peaceful existence for those in need.

Preserving Elders Aging in the Community through
SCS' Aging at Home Program
Budget Prepared for Friends Foundation for the Aging

Expenses:	Anticipated
Personnel Cost	44,933
Occupancy	3,028
Communications	2,200
Supplies/Office Expenses	1,000
Transportation	3,085
Contract Services	4,984
Insurance/Training/Meetings	2,150
Technology	<u>1,200</u>
Total Budgeted Expenses:	\$62,580

Revenue

PA Community Revitalization Grant	25,000
Membership	7,500
Municipal Giving	2,500
Gordon Charter Foundation	8,000
O/K Contracting Giving	1,275
Providence Rehab Center	1,000
PECO	500
Community Contributions	1,805
Friends Foundation for the Aging	<u>15,000</u>
Total Budgeted Revenue :	\$62,580

Internal Revenue Service
District Director

Department of the Treasury
E. O. Determination Section
P. O. Box 959
Scranton, PA 18501

Date:

MAY 16 1979

Our Letter Dated:

August 28, 1978

Person to Contact:

EO: 7212:ND

Contact Telephone Number:

(717) 342-3141

Senior Community Services, Inc.
616 Sharon Avenue
Sharon Hill, PA 19079

This modifies our letter of the above date in which we stated that you would be treated as an organization which is not a private foundation until the expiration of your advance ruling period.

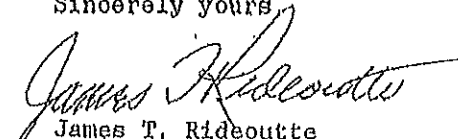
Based on the information you submitted, we have determined that you are not a private foundation within the meaning of section 509(a) of the Internal Revenue Code, because you are an organization of the type described in section * . Your exempt status under section 501(c)(3) of the code is still in effect. * 509(a)(1) and 170(b)(1)(A)(vi).

Grantors and contributors may rely on this determination until the Internal Revenue Service publishes notice to the contrary. However, a grantor or a contributor may not rely on this determination if he or she was in part responsible for, or was aware of, the act or failure to act that resulted in your loss of section 509(a)(1) status, or acquired knowledge that the Internal Revenue Service had given notice that you would be removed from classification as a section 509(a)(1) organization.

Because this letter could help resolve any questions about your private foundation status, please keep it in your permanent records.

If you have any questions, please contact the person whose name and telephone number are shown above.

Sincerely yours,


James T. Rideoutte
District Director

P. O. Box 12830, Philadelphia, PA 19108

Letter 1050 (DO) (7-77)
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