Objectives

• Learn about how Kavod Senior Life provides a comprehensive suite of wrap-around support services on its campus of affordable apartments for seniors.

• Understand how Eaton Senior Communities has developed numerous successful partnerships with academic institutions to create intergenerational program and service opportunities to benefit residents in their community.

• Explore how Sunshine Home Share Colorado helps home owners above the age of 55 age in place by thoughtfully and safely matching home providers with home seekers of any age.
Eaton Senior Communities, Inc.

- Mission: To provide affordable housing in a service-rich environment that enables all to live to their fullest potential
- 161 HUD-subsidized units
- 64 studio/1-bedroom "middle income" apartments
Housing Plus Services

- 2007 Institute for the Future of Aging Services (IFAS) study (Washko, Sanders, Harahan, Stone & Cox)

- Eaton was featured in the study as having “developed a proactive model of resident advocacy, case management and supportive services to help residents maintain independent living”.
Wellness Program

- **Strategic Initiative:** To achieve a demonstrated change to a culture and philosophy of wellness for the organization and those we serve
Academic Partnerships

• Metropolitan State University of Denver
  • Health Professions

• University of Denver
  • Healthcare Management Program

• Arizona State University
  • College of Health Solutions

• Dr. Sears Wellness Institute
Wellness Coaching

- Wellness Coaching volunteers supervised by the Service Coordinator
- Wellness Coaching students supervised by the Director of Wellness
- REACH assessments/DU research project
- Pre- and Post-wellness coaching satisfaction surveys with biometrics for data collection
Toolkit for Developing Academic Partnerships

- Housing Handbook
- Internship Handbook
So, Where Do I Find This Great Information?

- [http://www.eatonsenior.org/wellness-coaching-partnership-template/]
QUESTIONS?
Kavod Mission

To provide life-enriching experiences to older adults through a broad range of housing and support services that reflect the spiritual, social, and cultural values of Jewish tradition.
Kavod Definition

• **Kavod** = (kuh- VOHD)
  HONOR or RESPECT in Hebrew

• Based on the 5th Commandment
  "Honor Thy Father and Mother"
  *(Torah)*
Kavod Overview

• First building opened in 1971 as Allied Jewish Apartments
Apartments

• Three buildings (East, West, South)
• 397 “units”
  – 370 Senior Living
  – 27 Assisted Living
• 400+ residents
• 90+ employees
Apartments

Senior & Assisted

Senior
- Independent
- One meal/day
- Health check in
- Activity choices

Assisted
- Independent with help
- 3 meals/day
- 5 wellness checks/day
- Daily activity choices
- Housekeeping
- Bathe assist
- Medication monitoring
Dining Services

• Daily dinner plus Sunday brunch
• Restaurant style with many choices
• Customized for dietary restrictions
  – Vegetarian
  – Vegan
  – Kosher
  – Heart Healthy
• Overseen by director who is a registered dietician
• All meals are “kosher style”
Care Coordination

Community-Based Outreach
Health & Wellness
Life Enrichment
Resident Support
Dining Services

Kavod
Senior Life
Care Coordination

- Care Coordination = Social Work
- Four full-time Care Coordinators on staff
- Connect residents with resources
- Work with families on care needs and desires
- Annual “Health & Wellness Discussions” provide health snapshot and help adjust resource recommendations
Health & Wellness

Kavod SENIOR LIFE

- Care Coordination
- Community-Based Outreach
- Life Enrichment
- Dining Services
- Resident Support
- Health & Wellness
• Onsite Health & Wellness Center

• Services include:
  – Physical rehab & occupational therapy, 40 hours per week
  – 1:1 mental counseling
  – Dental clinics
  – Foot clinics
  – Audiology
  – Chiropractic
  – Dermatology
  – Acupuncture

• Classes include: yoga, meditation, fitness/strengthening
Health & Wellness

Providers include:

– Dispatch Health
– Legacy Healthcare Services
– Dental Lifeline Network
– Maria Droste Counseling Center
– Totally Feet Podiatry
– On Site Dermatology
– Bloom Healthcare
– St. Anthony’s Hospital
– Colorado Visiting Nurses Association
– More!
Resident Support

Kavod
Senior Life

- Care Coordination
- Health & Wellness
- Partnerships
- Dining Services
- Life Enrichment
- Resident Support
Resident Support

- Pets allowed!
- Resident-led Food Store and Free Loan Fund
- Chaplaincy + multifaith services
- 45 raised garden beds, art gallery, libraries
- Adaptive technology units for mobility impaired
- In-house night managers,
- Contracted services available (e.g. laundry)
- Resident serves on Kavod Board
- Russian-speaking assistance
Resident Support
Life Enrichment

- 50+ programs, activities & trips per month
- Two vans and drivers for transportation
- Kavod Academy of Life Long Learning (KALL)
- Intergenerational programming
  – AJAS PROGRAM AWARD 2019
- Resident volunteer opportunities
Life Enrichment
Community-Based Outreach

Kavod

Senior Life

Honor, Community, Jewish Values.

- Community-Based Outreach
- Care Coordination
- Health & Wellness
- Resident Support
- Life Enrichment
- Dining Services
Community-Based Outreach

- 7-8 partnered programs / month
- Guide delivered to 2,500 individuals
- Annual conference & resource day, L’Chaim2Life! with keynote, 24 workshops and 350 attendees
  - 900 community participants
  - 20+ community partners
- Kavod in the City partnership w/ Denver Housing Authority
Community Outreach
Results

• **Resident satisfaction is high**
  – **90%** reported being *happy* or *very happy* living at Kavod.
  – **93%** reported that Kavod helped them *maintain their independence*.

• **Employee satisfaction is high**
  – **94%** say Kavod is a great organization to work for.
  – **93%** say they can use their talents and abilities on the job.
Results

- National Recognition!
  - 2019 LeadingAge – Robert Wood Johnson Health Equity Award
  - 2019 International Council on Aging/NuStep Beacon Award – Best In Wellness (North America)
  - 2019 Top Workplaces Award, Denver Post
Questions?
OUR HOUSING CRISIS

The average 1-bedroom apartment costs $1,486/month

Seniors and college students are living in their cars and 40% of people who are experiencing homelessness work full time

In the city and county of Denver there are nearly 68,000 renter households and 35,000 owner households that are paying too much for housing

There is a shortage of approximately 26,000 housing units in the City and County of Denver for the lowest earners
The number of seniors in Denver will increase by 52% between 2017 and 2035.

The average person on social security receives $1,384/month.

The cost of home care averages at $28/hour.

64% of all seniors will need in-home help at some point in their life.

90% of all seniors want to remain in their home.

Social Isolation Costs Medicare 6.7 Billion Dollars Per Year.

Many older adults have not adequately saved for retirement. High property taxes and cost of living are making aging in place unattainable.
Seniors who have empty space in their homes are safely and thoughtfully matched using a comprehensive screening process to individuals and families looking for an affordable place to live. Home sharing creates a **mutually beneficial relationship**, exchanging supportive services and companionship for affordable rent.
SOCIAL WORK HOME SHARING MODEL

Phone Screening
Application Mailed
Social Service Intake
Match Meeting
Background, Credit & 3 Reference Checks Completed
Match Meetings Cont’d
2 Week Trial Match
Living Together Contract/Lease
Fee/Donation
Quarterly Home Visits

MSW Geriatric Professionals
Match Length
Financial Social Work
Data Collection
Best Practice Model
**BENEFITS OF HOME SHARING**

**Home Seeker**
- Affordable housing solution
- Purposeful living - Builds lasting relationships/sense of community
- Increased access to other community resources/benefits
- Ability to live in safe, stable, and prime locations/neighborhoods
- Economic stability with decreased rent

**Home Provider**
- Ability to age in place
- Increased access to other community resources and benefits
- Builds lasting relationships
- Increased access to in home supportive services and transportation
- Decreases social isolation
- Decreases Caregiver burden
- Economic stability with increased income
The construction of one unit of affordable housing costs $250,000.

A Home Share Match creates an immediate unit of affordable housing for $1,800.

The average home seeker saves $11,100 per year in rent.

The average skilled care nursing facility is $84,000 per year.

The average assisted living facility is $42,000 per year.

The average home provider generates $6,000 in income and receives $4,416 in supportive services.
OUR FASTEST GROWING DEMOGRAPHIC ARE SENIOR HOME PROVIDERS IN THEIR 90’S
FOR MORE INFORMATION VISIT SUNSHINEHOMESHARE.ORG

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