

Aging at Home – A Community Network

Ensuring that seniors are able to age in good health, with dignity in their homes and communities.

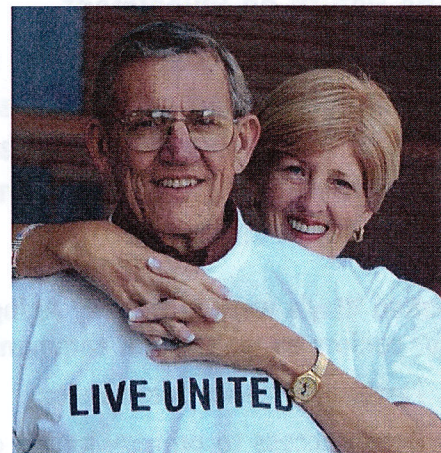
The Situation

Pennsylvania ranks fourth in the United States by percentage of the population who are 65 and older.

By 2020, Pennsylvania's 60 and older population is expected to be more than 3 million people, 25% of the total population of the state.



89% of people 65 and older (more than 2 million people) want to stay in their homes as long as possible, but without access to health and wellness services, many must enroll in institutional care.



We are working to create a sustainable and replicable model of supports that improves health and quality of life for older adults – while reducing their reliance on institutional care and lowering costs for the community overall.

The Solution

In response to increasing statewide demand to help more older adults age with dignity in their homes and communities, United Way of Greater Philadelphia and Southern New Jersey (UWGPSNJ) has launched **Aging at Home – A Community Network**, a three-year pilot program designed to help older adults connect with an array of resources supporting their ability to age well at home.

VNA Community Services, Inc. in Abington and **Senior Community Services** in the Lansdowne area have been selected to serve as coordinating agencies beginning November 2013. These well-known local organizations will develop relationships with strategic community providers and stakeholders, policy-makers, and health and social service agencies to coordinate seniors' access to services such as health screenings, chore assistance, transportation and volunteer placement opportunities.



In 2011, United Way partnered with the PA Department of Aging to research and identify national best practices in aging in place models of care, with the objective to leverage the strengths identified to develop and test an integrated model in a few targeted neighborhoods in Southeastern Pennsylvania.

Because of your services, my mother feels that she is still able to do many of the things that she used to—but she now accepts that she needs some help to do them. We cannot always be there for her because of our work schedules, so [ensuring that she has access to support in her home] is a blessing for us as well."

— Debbie A., daughter of senior citizen receiving community-based services

The Return on Investment

Although more cost-effective, home and community-based services make up only 26% of Pennsylvania's long-term care dollars, while 74% is spent on expensive institutional care.

United Way's work in Healthy Aging benefits our seniors as well as our community through:

- Fewer emergency room visits.
- Better access to primary health care.
- Improved healthy lifestyles and nutrition.
- Better transportation options.
- Improved mental health.



At the end of the day, this means...

Better health for older adults, **improved quality** of life, **less reliance** on institutional care, and **reduced costs** for the community overall.

Investment Opportunities

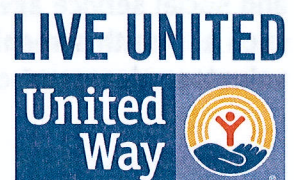
- United Way believes everyone has the right to age in good health, with dignity in their home and community. And we know our region's senior population is only growing – we want to create a system of care that's ready to support them.
- You can be a part of this cutting-edge work, partnering with us to help support our seniors for years to come. Contact your United Way representative to learn more about how you can invest and engage in this work.

57,000



Our work has helped 57,000 homebound seniors receive in-home physical health services over the past three years.

United Way of Greater Philadelphia and Southern New Jersey
www.UnitedForImpact.org





Aging At Home

Remain Living in Your Home



Are you 60 years of age or older and a resident of the eastern Delaware County communities of Aldan, Colwyn, Darby, East Lansdowne, Lansdowne, or Yeadon? Do you need assistance with chore services and home-repair referrals to continue maintaining your home? Do you need convenient door-through-door transportation to the doctor or grocery market? Would you like to be a member of an active senior center where you could receive hot lunches, enjoy fitness classes and engaging lectures, find purpose-filled volunteer opportunities and meet new friends? Maybe a membership to ***Aging at Home: A Community Network*** (which includes a membership to Friendship Circle Senior Center) is the answer for your peace of mind and ability to stay living in your own home.

The United Way of Greater Philadelphia and Southern New Jersey (UNGPSNJ) has launched a new model of community-based programming to help seniors age in good health in their homes and communities. UNGPSNJ selected Senior Community Services to pilot this exciting program in Delaware County.

Stop in the ***Aging at Home: A Community Network*** offices at Friendship Circle Senior Center, 1515 Lansdowne Avenue, Darby, or contact Aging at Home Director Christine Helmandollar at chelandollar@scs-delco.org or 484-534-2207 or Aging at Home Program Manager Morvia Bowen at mbowen@scs-delco.org or 484-534-2203.