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Q1 Issue Statement: [State the problem your recommendation will address. Insert links to reports where appropriate.]

Loneliness is a common issue that several older adults share, as shown in the 2012 AARP Report on the “Isolation in Adults Over 50” (https://www.aarp.org/content/dam/aarp/aarp_foundation/2012_PDFs/AARP-Foundation-Isolation-Framework-Report.pdf), which detailed that approximately 17% of US older adults over the age of 50 experience social isolation. A study performed by the University College London (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4338142/>) suggests that elderly isolation comes about from the sensitive life experiences of older adults and a gap in the quality of substantial community organizations that can help address these life experiences in a collaborative and uplifting manner. Senior centers, in particular, can do more to add to their socialization programs in terms of collaborative activities and projects. Organized events often focus on the individual rather than the community as a whole.

Q2 MPA Framework Goal #: [Check which goal/s this recommendation addresses. View MPA Framework document]

Goal 2: Livable Communities & Purpose. We will live in and be engaged in communities that are age-friendly, dementia-friendly, and disability-friendly.

Q3 MPA Framework Objective #: [Check which objective/s this recommendation addresses. View MPA Framework document]

Objective 2.2: Californians will age with lifelong opportunities for social and civic engagement, volunteering, learning, and leadership.

Q4 Recommendation: [Explain your recommendation in one to two sentences.]

Revamp curriculum of senior centers so the way personnel approach different activities include optimism and greater outreach to the community. Programs within the curriculum will focus on topics related to aging in a beneficial and uplifting way.

Q5 Target Population and Numbers: [Describe groups of Californians impacted by this recommendation, with numbers if available.]

African-American women, age 50+. Based on focus groups with a total of 45 African-American women, age 50+.

Master Plan for Aging (MPA) Recommendation Form

Q6 Detailed Recommendation: [Insert detailed bullet points describing your recommendation.]

- 1) Revamp senior centers as exciting institutions for socialization by introducing programs that are typically presented towards young people.
- 2) These programs will include a wide range of activities and events that encourage older adults to be independent and active.
- 3) Activities could include leadership councils that create and organize activities, exercise classes that encourage natural movement (yoga, walking), culinary programs, vacations to local sightseeing areas, etc.

Q7 Evidence that supports the recommendation: [Add links or summaries of research evidence that support the recommendation. Provide links or summaries of research evidence that support your recommendation]

In two focus groups with a total of 45 African-American women over the age of 50, one of the themes they frequently discussed, in response to guided questioning, was socialization among older adults. Participants mentioned a gap in social institutions that appealed to a broad amount of the older adult community. They defined this as a gap in the amount of programs on topics such as nutrition management and assistance with caring for grandchildren. Furthermore, they emphasized how these programs can engage older adults by reflecting the community's cultural/ethnic identity. The groups highlighted how various institutions, such as churches and hospitals, could introduce socialization through various programs. For example, one of the focus group attendees highlighted an extremely successful nutrition program at the hospital where she worked called Healthy Living Past 55. This program catered towards educating older adults about health and nutrition. However, the program was unique in that the lessons covered topics that are not often addressed towards older adults, such as sexual health. Additionally, the program countered a typical classroom setting of silent listening to a lecture and presented their lessons in the form of participatory activities.

Q8 Examples of local, state or national initiatives that can be used as an example of a best practice: [Provide any available links and sources.] Local: State: National: Other:

[https://wcel.nwaonline.com/news/2019/dec/11/new-director-brings-diverse-background-/](https://wcel.nwaonline.com/news/2019/dec/11/new-director-brings-diverse-background/)

The article above details that a community of seniors appreciates the introduction of a diverse range of programs encouraging group activities, such as game nights and shopping trips.

<https://www.lenconnect.com/news/20191125/new-adrian-senior-center-director-looks-to-promote-community-caring>

The article above details the recent opening of a senior center that received an upstanding reception from the community. The center uses collaborative and socializing activities, like having concerts and pool tournaments, in order to foster an uplifting environment for the attendees.

Q9 Implementation: [Insert actions state agencies, legislators, counties, local government, or philanthropy can take to move this recommendation forward. Some of the entities listed below may or may not be applicable to each recommendation.] State Agencies/Departments: [action to be taken by Governor or specific state agencies] State Legislature: [legislation needed to implement recommendation] Local Government: Federal Government: Private Sector: Community-Based Organizations: Philanthropy: Other:

Implementation will take place in community-based organizations, such as medical hospitals, churches, and senior centers.

Q10 Person-Centered Metrics: [Individual measures of inputs or outcomes that can be used to measure the recommended action's impact on people.]

Respondent skipped this question

Master Plan for Aging (MPA) Recommendation Form

Q11 Measuring Success: [Describe specific metrics that could be used to empirically measure the effectiveness of your recommendation]

Surveys will be given on a monthly basis to senior attendees, which will evaluate whether or not the activities have been collaborative. Additionally, the surveys will evaluate if the activities have assisted them in their social loneliness.

Q12 Measuring Success: [How would we know that the implementation of your recommendation is successful?]

Respondent skipped this question

Q13 Data Sources: [What existing data can be used to measure success or progress?]: Existing data sources: [specify datasets, variables, and data owner/location]
Suggestions for data collection to evaluate implementation of this goal when no data sources exist:

Respondent skipped this question

Q14 Potential Costs/Savings: [insert any research, actuarial analysis or other evidence of the cost of this recommendation or potential savings]

Respondent skipped this question

Q15 Prioritization: [How would you prioritize your recommendation relative to other needs/priorities?]

Medium

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