

Summary of Living Well! Collaborative

Proposal to the City of Austin, TX

The proposed Living Well collaborative meets the primary self-sufficiency goal of Universal Support Services and life continuum category of Seniors and Persons with Disabilities. Specifically, we will provide a continuum of on-site services and supports, including service coordination and transportation, for more than 730 individuals in need at 8 residential properties housing senior and adults with disabilities. These Universal Support Services are critical to helping seniors and adults with disabilities maintain their dignity, independent living and housing stability and ensuring that they have all their basic needs met.

The Living Well! strategy centers on the provision of supports and services in the very same place people live. This is absolutely necessary because many of the individuals we will serve have severe mobility issues as well as complex health issues that often preclude them from leaving the property. All Living Well! participants live below 200% of the federal poverty guidelines, and as a result, have limited ability to pay for and access needed services.

The target population for this project is seniors, defined as persons age 55 and older, and persons with disabilities living in 8 residential communities in Austin specifically for older adults and persons with disabilities. These properties include four of the Housing Authority of the City of Austin's (HACA) public housing communities (Gaston Place Apartments, Lakeside Apartments, North Loop and Salina Apartments) as well as Lyons Gardens, St. George's Court, Oak Springs Villas and the Rebekah Baines Johnson (RBJ) Center. In addition, residents of Rosewood Courts, a property adjacent to Salina Apartments, will also participate in activities at Salina Apartments. At present, our target population includes 736 seniors 55 and older, 388 of whom have at least one disability, and 248 persons with disabilities under the age of 55 for an unduplicated total of 984 seniors and adults with disabilities at the 8 properties.

The Living Well! collaborative will provide a continuum of on-site services and supports, including service coordination and transportation. Service Coordinators assigned to each property – and supervised by Family Eldercare – will coordinate the various services and supports provided on-site through each partner. Living Well! programming at each of the 8 sites will be organized in response to the needs and interests of residents, while also including a minimum of evidence-based classes and activities to address factors that impact premature institutionalization such as falls and mobility and chronic diseases. These programs will be supplemented with regularly scheduled classes and activities that promote health and wellness, encourage learning and offer opportunity for socialization and recreation.

Project Timeline: October 2015-September 2018 with one year renewals for 2019-2021.

Program and Service Options*:

Matter of Balance Fall Prevention Classes:

Provided by AGE of Central Texas

4 classes/4 courses per year

Chronic Disease Self -Management/Diabetes Self- Management Classes:
Provided by Family Eldercare
2 classes/2 properties per year

On Site Exercise/Nutrition classes:
Provided by WeViva
Exercise: 1 x weekly at all 8 properties
Nutrition Classes: 6 properties (Oak Springs/St. George's not included)

On Site Creative writing classes:
Provided by Badgerdog Literary Arts Program
7 week workshop/7 properties per year

On Site Art programs:
Provided by Mobile Arts Program
1, 6 week program/8 sites

Transportation Services:
Provided by Helping the Aging, Needy, and Disabled (HAND)
16 hours per week
Most properties on every other week schedule

* will be organized in response to the needs and interests of residents