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6

Cultural views of aging – mixed messages

"Inevitable Hardship"



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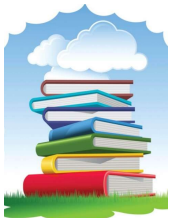
Cultural views of aging – mixed messages

"Inevitable Hardship"



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Who can help?



9

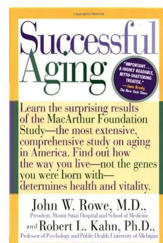
Focus on aging challenges



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A shift in perspective

MacArthur
Foundation



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Successful Aging



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How would YOU define aging well?

“As I grow older, I hope that I...”

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How Can We Age Well?

Broaden the definition of “successful aging”

- Address disease, disability, functionality but focus on quality of life.

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How Can We Age Well?

Broaden the definition of “successful aging”

- Self-defined success
- Life satisfaction
- Meaning in life
- Positive outlook
- Valued activities and relationships

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How Can We Age Well?

Enhance social resources

- Communities
- Faith organizations
- Workplaces
- Local, state and federal government

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How Can We Age Well?

Enhance social resources

If you had a magic wand, what is one change you'd make in our community or society in general to make aging easier?



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How Can We Age Well?

Oppose Ageism



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How Can We Age Well?

Oppose Ageism

“When someone says, ‘You look great for your age,’ I no longer mutter an awkward thanks. I say brightly, ‘You look great for your age too!’”

-Ashton Applewhite, *This Chair Rocks: A Manifesto Against Ageism*

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How Can We Age Well?

Get Proactive

- Develop habits that promote health
- Plan ahead
- Help others
- Gather support
- Adapt as needed

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How Can We Age Well?

- Structured, engaging program
- Motivates and supports people to take positive action
- Modest, sustained changes in daily habits and behaviors
- Produce long-lasting results



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How Can We Age Well?

Six dimensions

- Gratitude and mindfulness
- Health and well-being
- Finances and future planning
- Connections and community
- Creativity and learning
- Legacy and purpose



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How Can We Age Well?

Starter Kit



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How Can We Age Well?

Virtual Community-Based Aging Mastery Program

- 10 weeks
- Guest speakers
- Interactive learning
- Support from classmates
- Explore and practice small, positive changes that can make a big difference!



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Aging Well in Cook County

Cook County In Home Support Program

- Homemaker/home management (light and heavy housekeeping, laundry, meal preparation, arranging for transportation, organization, etc.)
- Adult companion services
- Respite
- Personal Support



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Aging Well in Cook County

Home Health

- Services provided in their place of residence
- RN Skilled Nursing
- Home Health Aides
- Physical Therapy
- Foot Care



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Aging Well in Cook County

Care Center

- 37 bed skilled nursing facility
- Medicare/Medicaid certified
- Physician directed nursing care, physical therapy, nursing rehabilitation, activities, and social services



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What Care Partners Does

A Key Goal: Helping People Age In Place



28

RN Care Coordination

Advanced Care Planning
Risk assessment/discharge planning
End-of-life support (w/Death Doulas)
Problem-solving & support strategies



29

Caregiver Support

Coaching
Caregiver Coffees
Respite volunteers
Resources & workshops



30

Companion Volunteers

Gift of friendship

- Connection
- Listening
- Telephone support & reassurance
- Socialization/activities



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Senior Chore Program

Keep frail elderly safe at home

Volunteers & referrals

Occasional/transitional needs not met by other services

Housekeeping, shoveling,
seasonal yard work, gardening,
organizing, minor home repair
or maintenance projects.



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Delivery/Shopping Assistance

Help with grocery list planning, ordering online
or over the phone

Non-contact delivery of food, medication and
other supplies



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Senior Rides

Volunteer assisted transportation service

Cook County residents aged 60+

A supplement to other ride programs

- Arrowhead Transit
- Family and friends
- MA, VA, insurance



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Care Partners Staff

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Thank you!

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