

What We Hope to Accomplish:

- 1) Increase the number of elders able to obtain transportation**
- 2) Decrease the number of elders who are socially isolated**
- 3) Increase the availability of MetroWest-specific information & supports available to area caregivers**

Approach:

- 1) Invest in the expansion of elder transportation options within the region**
- 2) Invest in program models that create or expand community engagement opportunities that can reduce the risk of isolation among elders**
- 3) Support the creation of a MetroWest-centric caregiver support web portal**

| Where We Started | Definition of Success | Current Interventions | Grantee Level Outcomes | Status as of 7/1/2017 |
|---|--|--|--|---|
| No regional, affordable, on-demand transportation for elders in MetroWest | 50% increase in MetroWest members of ITN <i>GreaterBoston</i> over current (3/13) levels each year for the next 3 years 20% increase in total rides over current (3/13) in each of the next three years | <ul style="list-style-type: none"> • Grants (with Tufts Health Plan Foundation) to create and support ITN<i>GreaterBoston</i> | <ul style="list-style-type: none"> • Increase in the number of MetroWest members • Increase in the number of rides provided to MetroWest residents | <ul style="list-style-type: none"> • 239 MetroWest members and 27 MetroWest drivers by 7/1/15 • Drivers have provided 10,060 rides to MetroWest residents • Ceased operations in January 2016 |
| | | <ul style="list-style-type: none"> • Grants to Jewish Family Service of MetroWest to support an Enhanced Medical Escort Program | <ul style="list-style-type: none"> • Increased community connection by volunteer drivers • Increase in frail elders' ability to manage their health | <ul style="list-style-type: none"> • 48 volunteers provided 1,206 medical transportation visits to 339 frail elders • Volunteer accompanied elders into appointments and took notes for elders |
| No formal programs that specifically target elders at risk of social isolation | Increase the number of elders engaged in community activities so as to reduce social isolation | <ul style="list-style-type: none"> • Grants to Franklin and Sherborn Councils on Aging to offer respite programs for frail older adults that provide social engagement and respite | <ul style="list-style-type: none"> • Increase the number of elders engaged in community engagement programs • Decrease in social isolation among care recipients and caregivers | <ul style="list-style-type: none"> • Franklin: 58 caregivers provided with respite, 100% increased their quality of life • Sherborn: 5 men attending regularly; eligibility expanded to attract more participants |
| | | <ul style="list-style-type: none"> • Grant to the Metropolitan Area Planning Council to establish a plan for Framingham to become an Age Friendly Community | <ul style="list-style-type: none"> • Creation of a Community Action Plan | <ul style="list-style-type: none"> • The planning process was more difficult than expected • Plan expected by January 2018 |
| No single point of access to comprehensive information, resources and support for MetroWest family caregivers | Creation of a MetroWest specific online resource for elder caregivers | <ul style="list-style-type: none"> • Planning grant to BayPath Elder Services in October 2012 to investigate the need for an online caregiver resource • Implementation grant to BayPath Elder Services for the MetroWest Elder Caregiver Portal | <ul style="list-style-type: none"> • Assessment of current caregiver information and supports for MetroWest area caregivers • MetroWest Caregiver Portal to be completed and operational by April 2014 | <ul style="list-style-type: none"> • Website launched in May 2016 • 17,832 total users • 51,373 page views |

Additional Areas of Focus

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|--------------------------------|---|--|---|
| Chronic Disease/Healthy Living | <ul style="list-style-type: none"> Grant to BayPath Elder Services to offer 10 chronic disease self management classes in English and Spanish | <ul style="list-style-type: none"> BayPath: Expand access to Spanish-Speaking elders; Increase referrals from medical providers | <ul style="list-style-type: none"> Four workshops have been offered for 49 older adults. 239 MetroWest members and 27 MetroWest drivers by 7/1/15 |
| | <ul style="list-style-type: none"> Grant to Milford Council on Aging to offer exercise and wellness programming | <ul style="list-style-type: none"> Milford: Improve physical and mental health and socialization | <ul style="list-style-type: none"> 311 seniors have participated in the program; 56% have met their personal goals |
| | <ul style="list-style-type: none"> Grant to Natick Service Council to offer nutrition counseling for older adults | <ul style="list-style-type: none"> Natick Service Council: Improve health literacy and health status | <ul style="list-style-type: none"> 35 clients enrolled; 29 attending farmers markets and 14 enrolled in fitness classes; health status not measured |
| Dementia Care | <ul style="list-style-type: none"> Grants to BayPath to assist the towns of Hudson, Marlborough, Northborough, Sudbury and Westborough in becoming Dementia Friendly Communities | <ul style="list-style-type: none"> Collaborative process involving municipalities to create official plan | <ul style="list-style-type: none"> Action Teams established in all towns except Sudbury. Action Plans created for all towns except Sudbury and Westborough Sudbury elected not to continue with the process but Ashland agreed to join |
| | <ul style="list-style-type: none"> Grant to Framingham Council on Aging to train volunteers to be matched with individuals with dementia who attend the Senior Center | <ul style="list-style-type: none"> Decreased social isolation among care recipients and caregivers Decreased stress among caregivers | <ul style="list-style-type: none"> 10 volunteers trained and matched; 4 caregivers had reduced social isolation; 3 had improvement in stress |
| Behavioral Health | <ul style="list-style-type: none"> Grant to Needham Council on Aging | <ul style="list-style-type: none"> Reduce barriers to behavioral health services and expand access to behavioral health | <ul style="list-style-type: none"> Social worker hired through the grant has been hired by the town Grant timeline extended to hire another grant-funded social worker |