



**Healthy Aging Martha's
Vineyard Update
DCHC meeting
Nov 17, 2022**

Educating, Advocating, Mobilizing
ctrish@hamv.org

What's Included:

- An Introduction to HAMV
- Our Coalitions
- Pilot Programs
- Other Activities

What We Want You to Know about our Aging Adults and our Island

- Our year round Aging Adult (65+) population experience unique challenges living on an island that contribute to health inequities
 - Income levels are below state average while the cost of living exceeds state average.
 - Older Adults must go off-island to receive specialist care with over 7,000 trips to Boston alone forecasted for 2022.
 - 20% of 85+ do not have a dentist, 35% of those that do go off island to seek dental care*.
 - Black 65+ are less likely to “define their health as excellent when compared to peers”*when compared to other ethnicities.
 - The rural nature of the island creates transportation challenges with fixed routes often too far away to be accessible by Older Adults and other options are often cost prohibitive.
 - Income matters when it comes to transportation - >20% of those with incomes <\$25,000 found transportation to be delayed or unavailable during COVID*.



- ✓ MV is considered a medically underserved region (MUA/P)
- ✓ Our ratio of dentists/population ranks in the lowest tier for the state*
- ✓ Dukes County ranks 2nd highest in % of Older Adults to the total population*
- ✓ The island’s Environmental Justice populations continue to grow and are now found in 4 of the 6 towns

*(Dec 2020 HAMV Older Adult Island-wide Survey; 2,480 respondents)



**Source - County Health Rankings and Road Maps*

Overview of Healthy Aging Martha's Vineyard (HAMV)

Founded in 2013 as “grass roots” task force to ensure our island is age-friendly

HAMV has evolved to become a planning, advocacy and community building organization

Our mission is to ensure there is the infrastructure and services in place to support our growing Older Adult population

HAMV now has 1 FT Executive Director, Executive Board and Advisory Council . Our fiscal agent is MVCS.

We identify service gaps, research evidence-based solutions, and develop pilot programs for the island

Town funding covers cost of 1 FT employee, grants/donations cover over half of annual budget

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More information about HAMV can be found at our website hamv.org

Island-wide Coalitions Convened by HAMV

Older Adult
Transportation
Coalition
+15 agencies

Falls Prevention
Coalition
+25 members

Advance Care Planning
Coalition
+10 agencies

Older Adult Digital Equity
+5 agencies

Mission Statement

To ensure that there are adequate options for both on-island enrichment and essential (medical) transportation needs for older adults, as well as off-island medical transport.

Mission Statement

To collectively raise island-wide awareness of the risk of falling as one ages, to educate Older Adults on fall prevention strategies, and to empower Older Adults to take action to reduce their fall risk and, when they do fall, recover more quickly.

Mission Statement

To Educate everyone on what ACP planning is and why it is important, to Engage island residents in advance care planning and connect them to ACP resources and to Activate 100% of Older Adults to have a Health Care Proxy in a medical records system.

Mission Statement

To eliminate the digital divide for Older Adults (access, devices and training)

More information about these Coalitions can be found at our website hamv.org

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Community Plan

- HAMV has completed a 5 year Community Plan to address the six key priorities with specific action steps, collaborating with community partners, and a timeline for action. Worked with MVC4L to include a dementia inclusive “lens” to our collective actions.

2022



2027

**Martha's Vineyard 5 Year Community Plan
for an Aging and Dementia Friendly Island**

May, 2022



HAMV key priorities for an Aging Friendly Island



Ensure that the essential services Older Adults need and the workforce necessary to provide them are in place.



Expand Older Adult transportation options and raise awareness of these options.



Centralize critical information sources that are fit-for-purpose with demographic preferences in mind.



Support digital equity and inclusion for Older Adults focusing on ongoing education/assistance.



Expand opportunities for community engagement (coordinated volunteer program, time banking, educational programs etc.).



Address Older Adult safety/accessibility regarding infrastructure (roads, sidewalks, bike paths, beaches) to support their lifestyle aspirations.

Key Initiatives - #1

WHO Domain(s): Services & Housing

Goal: Ensure that the essential services Older Adults need and the workforce necessary to provide them are in place.

Board advocate: Paddy Moore

SERVICES	STRATEGY	ACTION ITEMS	PARTNERS	YEAR
LONG TERM CARE—GREEN HOUSE NURSING HOME AND REHABILITATION	1. Assist Navigator Homes of MV to develop, permit, build, and operationalize this Green House nursing home model.	A. Provide supportive data re current and projected need of Older Adults island population for Long Term Care Services and Supports (LTSS)	HAMV and Navigator Homes of MV, MVC	2022-2024
		B. Advocate and educate at MVC, local Planning, Wastewater, and other Town Boards for approval.	HAMV, MVC, all six towns Planning, Wastewater, and other boards	2022-2024
		C. Support Navigator fundraising efforts.	HAMV and Navigator	2022-2024
		D. Publicize processes for registration and referral with COA's and other organizations until Green House opens.	HAMV, Navigator, all four COA's, MVC4L, Churches	2022-2024
		E. Inform Older Adults of volunteer opportunities.		
		F. Monitor state policy re expanding PACE programs, and explore and publicize potential benefits for island Medicare/Medicaid population.	HAMV, Navigator, MVC, and MDPH	2022-2024



Age- and Dementia-friendly Certification

- The plan was submitted to the World Health Organization/ AARP in June 2022. We received a 5 year age-friendly designation again for all six towns as part of the MA Healthy Aging Collaborative.
- For the first time, we also obtained dementia-friendly designation as well.
- In addition to highlighting statewide Martha's Vineyard commitment to Aging Adults, this designation creates opportunities for partnerships with regional and national organizations as well as access to additional funding sources.



Falls Prevention Coalition

- Host bi-monthly meetings with the Falls Prevention Coalition and oversee island-wide efforts for Falls Prevention Month (Sept), developing a host of print and media assets on awareness, education, and empowerment available to all island service agencies.
- Activities included in-person educational sessions across the island on “Medication and Risks”, “Safety Tips for using a Cane or Walker”, “Everything you wanted (or didn’t want) to know about Fall Risks and Falls Prevention” and “Pain-Free Movement and Balance Screening” as well as dissemination of printed materials.



 Martha's Vineyard Falls Prevention Coalition September 2022 Schedule of Events	
<p>Medications and Falls Risk <i>What you should know and what you can do.</i> Presented by Lewis Laskaris, retired MVH pharmacist.</p> <p>The presentation will include topics on prescription and over-the-counter medication side effects, their fall risks to older adults and how to prepare and cope with associated risks. 1 hour. Tuesdays in September</p> <ul style="list-style-type: none">• Sept 6, 10am, Edgartown *508-627-4388• Sept 13, 2pm, Tisbury *508-696-4206• Sept 20, 10am, Oak Bluffs (Zoom and in-person) *508-693-4609• Sept 27, 10am, Up-Island *508-693-2896	<p>Safety Tips for Using a Cane or a Walker Presented by the Martha's Vineyard Hospital Physical Therapy Department.</p> <p>These in-person interactive sessions will rotate through Island Councils on Aging. Wednesdays in September</p> <ul style="list-style-type: none">• Sept 7, 9:30am Up-Island Council on Aging• Sept 14, 9:30am Tisbury Council on Aging• Sept 21, 11am Edgartown Council on Aging• Sept 28, 10am Oak Bluffs Council on Aging
<p>Everything you wanted (or didn't want) to know about fall risks and falls prevention Presented by Cindy Trish, HAMV An hour long session to raise awareness of fall risks as we age, how we can minimize those risks and recover more quickly. Educate yourself on myths about falls, and learn some of the exercises you can do to prevent them. If you wish, share your "fall story" with us!</p> <ul style="list-style-type: none">• Monday, Sept 19 at noon at St Andrews church, 51 Winter Street Edgartown	<p>Pain-Free Movement and Balance Screening Provided by Vineyard Complementary Medicine Wednesday, September 28th all day 9:00am-7:00pm 238 Edgartown-Vineyard Haven Road Edgartown</p> <p>For more information email info@vcmpmt.com or call 508-693-3800 Reservations required: https://vcmpmt.com/clinics-screenings/</p>
<p>*Please call ahead to register with the Council on Aging where you plan to attend. Check with your local COA for more Falls Prevention offerings and resources.</p>	

Home Safety Modification Pilot Program

- Completed the 2nd full year of a pilot program for an island-wide Home Safety Modification Program for 65+ homeowners (or those with disabilities), working with Martha's Vineyard Builders Association and local contractors.
- The pilot program is referral based (from COAs, MVH, MVC4L, Elder Services etc.) and includes conducting a home assessment for minor home safety renovations (i.e. grab bars, stair railings, improved lighting, pull-out shelves etc.), matching the participant with a willing contractor to conduct the renovations, and providing a post-renovation assessment of the project.
- Obtained grant funding in excess of \$50,000 from MVH and MVSBCF and private donations to fund this program, exceeding 50 participants. Over 80% of participants qualified to have 100% of the costs covered.



Healthy Aging Martha's Vineyard

Home Safety Modification Pilot Program

What is it?

A pilot program to provide housing modifications to islander homeowners 65 years and older.

Benefits

- Comprehensive: needs assessment to provide solutions
- Low cost, high impact: specializes in one-time minimally disruptive yet high-impact minor home renovations
- Individualized: approaches assessment from the homeowner's perspective and provides solutions customized to their daily routines, needs, and preferences

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EXAMPLE OF FINISHED WORK

- New handrail and new door – the old door opened in the wrong direction and the participant fell several times just trying to get in or out of the front door, especially if she was carrying anything.

ANOTHER EXAMPLE OF FINISHED WORK

This participant had no safe way to walk up to his house. The contractor built this graded stairway with handrails



HANDRAIL EXAMPLE

Handrails added to both sides of the staircase. Handrails – inside or outside, and sometimes both - were provided to 75% of the participants.



OUTSIDE WORK

New stairs and
handrail to deck



A New Pilot Program to Fill a Service Gap

- Introduced a new evidence based pilot program, Matter of Balance, in collaboration with MVH and the COAs.
- Secured over \$5,000 in funding to identify and train coaches (COA and MVH staff as well as volunteers) and launched the first 8 week session at the Edgartown Council on Aging.
- This program is specifically designed to reduce the fear of falling and improve activity levels among Aging Adults and addresses an existing service gap in supporting those who have fallen and are restricting their activities as a result.



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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Older Adult Transportation Coalition

- Continued the 2nd year of the Aging Adult Transportation Coalition and led monthly meetings with the Aging Adult Transportation Coalition, consisting of over 15 service agencies including the VTA and Steamship Authority, to address the needs for alternative transportation options for Aging Adults, both on- and off-island. The coalition implemented 4 pilot programs for alternative transportation options for Aging Adults including:
 - GoGoGrandparents on-demand rides (on-island)
 - MVC4L adult supportive day program (on-island)
 - COA Shopping Shuttle transportation (on-island)
 - Shuttle (including escorts) for islanders who are having cataract surgery (off-island)



In FY2022, over 2,600 rides were provided serving over 200 individuals. Over \$40,000 in grants and donations were raised to support these programs in addition to utilizing existing island assets (e.g. VTA vans).

Meet some of those we serve



GoGoGrandparent Rider 85+

Carol doesn't have a car and lives in Elderly Housing. A talented musician, GoGo has allowed her to attend church (where she is an organist) and participate in choir. She utilizes Lift for medical transport needs. *I'm just so happy to be able to get out and be part of the community.*



Edgartown COA Van Rider, 90+

A former teacher, Dick is outgoing, and thrives when he can connect with others, especially with friends at the COA. He is unable to drive and his day is brightened when he is able attend get-togethers thanks to the Shopping Shuttle. It's a good day when I can be with friends.



MV Center for Living Bus Rider, 80+

Barbara attends the adult day program at the MVC4L where she enjoys music, exercise, and her "special love", gardening. Without the handicapped accessible van transportation which brings her to and from the center each day, she would not be able to attend MVC4L

Home Sharing Pilot Addresses an HAMV Priority

- Designed and introduced a “proof-of-concept” Home Sharing program to pair Aging Adults who live alone (the host) with an employed Islander (the guest) who needs housing. Modelled after nationwide programs, we are in the early stages of getting this program off the ground.
- Partnering with MV Mediation to provide housing facilitation expertise to insure a quality “match” between participants.



Introducing the Older Adult Home Sharing Pilot Program

Every day, we are reminded of the housing shortage our workforce faces here on the Island. There are multiple efforts underway to address this affordable housing shortage, but many of them will take years to make an impact.

We will utilize home sharing models that have been successfully deployed in other communities to offer our Island's Older Adults (hosts) the opportunity to share their home with a well-suited single employee (guests) in need of housing.



Envisioning the Future for Aging Adult Gathering Place

- Partnered with the Howes House Building Committee, conducted 6 focus groups with Aging Adults and service agencies to ensure that Aging Adult perspectives are included in renovation considerations as well as surfacing other opportunities to broaden service utilization



Focus Group Committee Members
Bernadette Lyons, Chair
Cindy Trish, HAMV
Susan Silk
Anita Botti
Bonnie Franks
Beth Kramer

Strengths of the Up Island Council on Aging (UICOA)

- Staff is welcoming
- Deep understanding of existing clientele
- Valued Resource (focused by those 80+)

- Lends medical equipment
- Legal/Health insurance/tax expertise
- Provide access to Public Health Nurse

- Information available in person as well as over phone
- Provides opportunity for socialization
- Offer support groups (e.g., Parkinson's Support Group)

- Food and fuel assistance distribution
- Assistance in aging journey (Agency perspective)

Challenges

- Lack of awareness of resources and services

- Perception that services are for only the very old or infirm

- Hours of operation limit access

- Perception that it is for West Tisbury residents only – limited outreach to the other up island towns

Older Adults Want a Physical Gathering Place that is ...

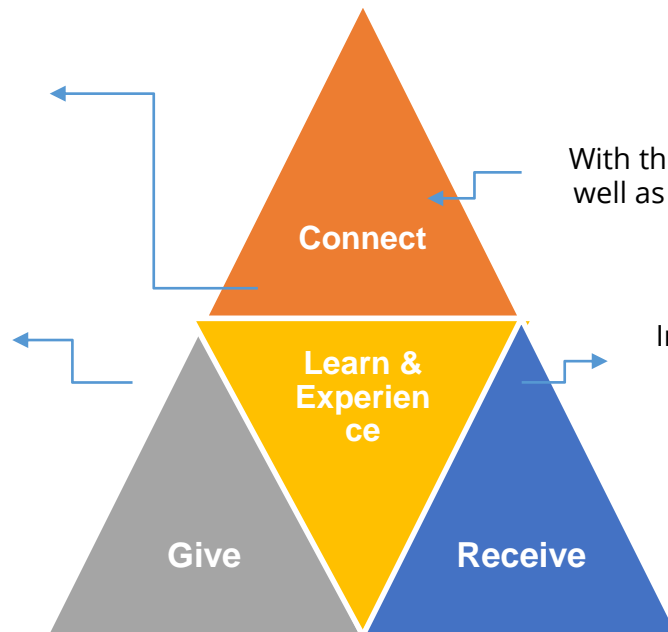
A place where I can:

Learn new things, stay current, enjoy favorite activities and have opportunities for exploration

Share my expertise, experience and knowledge in ways to benefit my community

With those I know and trust as well as new friends of all ages

Information, resources and access to food/services when I need it



Agencies Weigh In on needs island wide

- A place to educate the community about the aging process – destigmatize
- Demonstrate positive images of aging
- Programs about the aging journey
- Importance of intergenerational opportunities
- Importance of exercise
- Nutrition education
- Access to food
- Welcoming and relevant activities/resources across the age spectrum (60+)
- Providing volunteer/mentoring opportunities
- Transportation assistance
- Technical assistance (for electronics)
- Solutions for elder housing
- Need for access to caregivers

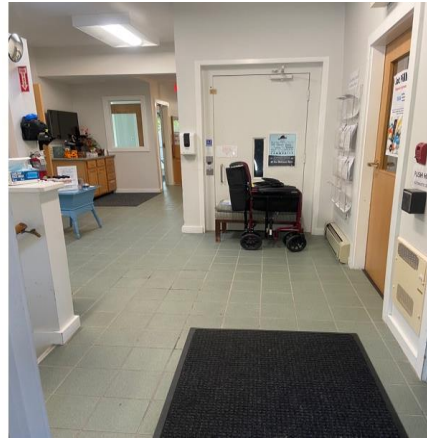
Desired Entrance Characteristics

What
Exists Today



It Could Look Like:

- Level entrance – does not require stairs or ramp
- Wide, automatic doors
- Open, airy reception area
- Natural light
- Community bulletin board
- Clear signage inside and out
- Seating area
- Information kiosk
- Staff visible
- Inviting and welcoming
 - Artwork, colors, plants
- Looks open from the outside when it is



Working with the DCHC – planning for the future

- Hosted the Rural Scholars (U Mass Chan medical and nursing students) to conduct research on the island and to socialize these findings across the island, informing prioritization and service development around the topic of in-home services.



Assessing Martha's Vineyard's capacity to deliver an integrated system of health, behavioral health, & social support services

Claire Branley, Gautham Chitturu, Erica Davis, Jenny Konjoian, Annie Lee, Alex Lo, Catherine Merton, Rachel Stroh

Rural Health Scholars 2022

UMass Chan Medical School Nursing and Medical Students

Other HAMV Activities

- Advocate on behalf of other island agencies to raise awareness of Aging Adult needs and to obtain funding and demonstrate legislative support for key initiatives.
- Participate in “Project Happiness 3.0” in partnership with IGI to bring gardening projects to isolated Aging Adults via the COAs.
- Contributing member of numerous regional, statewide and national organizations/committees representing the Vineyard’s perspective on Aging Adult issues (e.g. Dukes County Health Council (DCHC), AARP Rural Labs, MARCH, MA Healthy Aging Collaborative, co-chair of Patient Family Advisory Council at MVH).
- Support the development of the Green House model nursing home, working with MVH and Navigator Homes to bring this 10+ year journey to completion, resulting in a 70+ bed skilled nursing home facility on-island that is available to residents at all income levels.

Appendix

Home Safety Modification Pilot Program Metrics



November 2020 - June 2022

	November 2020 – October 2021	November 2021 – June 2022	Since Inception
Number of clients referred /applications completed	31	19	50
Average age of clients & range	77 average age (63-102)	79 average age (65-94)	78 average age (63-102)
Average income	\$47,711	\$41,779	\$41,872
Location of clients	Aquinnah - 2 Chilmark - 1 Edgartown - 9 Oak Bluffs - 3 Tisbury - 10 West Tisbury - 6	Aquinnah - 0 Chilmark - 0 Edgartown - 10 Oak Bluffs - 3 Tisbury - 4 West Tisbury - 2	Aquinnah - 2 Chilmark - 1 Edgartown - 19 Oak Bluffs - 6 Tisbury - 14 West Tisbury - 8
Household size	1 – 12; 2 – 18; 3 - 1	1 – 9; 2 – 9; 3 - 1	1-21; 2-27; 3-2
% who qualified for full subsidy (100%)	73%	68.4%	76%
% who qualified for partial subsidy (paid \$100)	6.89%	5.3%	6%
% who qualified for partial subsidy (20% of total)	20%	26.3%	18%

Program Metrics – Program Status

	November 2020 – October 2021	November 2021 – June 2022	Since Inception
Work completed	21	14	35
Work to-be-completed	no significant delays (1 client died before work started & 2 cancelled)	4 (one application withdrawn as client in hospice in Boston)	7 withdrawals- no significant delays
Modifications fall outside program scope and referred to other programs	2	0	2 referrals
Average project cost and range	\$1,707 (\$512 - \$5,518)	\$2,200 (\$430 - \$5270)	\$1,851 (\$430 - \$5,518)
Average time to complete work (from application to complete)	2.5 months (.5 – 5 months)	1 month (2 weeks to 1.5 months)	1.6 months (2 weeks - 5 months)
Average age of home	53 years	39 years	49 years

Program metrics – Modification types



Type of modification (completed projects)	% of participants November 2020 – October 2021	% of participants November 2021-June 2022	% of participants since inception
Grab bars	90%	57%	70%
Stairwell Banisters	75%	50%	71%
Outdoor Railings	50%	50%	57%
Lighting	15%	0%	15%
Smoke/fire detectors	30%	0%	0%
Taping down rugs	15%	7%	8.5%
Other*	45%	50%	46%
% who had outside work completed	95%	50%	74%

* includes: secure bookshelves to wall, build terraced walkway with handrails, secure wheelchair ramp, non-skid stair strips

Program metrics- Client Survey results

Survey results – Since Inception (n=20)	% of participants
Reported falls on property before modification completed	60%
Reported falls on property since modification completed	10%
Ever treated for a fall either as an outpatient or hospitalized	50%
Experience with project (strongly agree with the following statements)	
-I was kept informed	95%
-I was treated with respect by everyone	100%
-Modifications made to my home have increased my safety	100%
-I believe these modifications will allow me to stay in my home as I age	95%
-I would recommend this program to my friends and homeowners who are 65 and older	100%