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Multi-Purpose Senior Centers in LA, NYC and SE Michigan

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Multi-Purpose Senior Centers
in LA, NYC and SE Michigan
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May 17, 2007
Lansing, MI

by

Betty Brown-Chappell, PhD, LMSW, MSW
Professor of Social Work
Eastern Michigan University
Learning Objectives

* Compare Brighton & USA Centers by Mission, Programs, Staff/Volunteers

* Role of Policy Advocacy & Finance

* Implications for Future Practice
Methods

- Ms. Dillion’s report is based on participant-observation.

- Dr. Brown-Chappell’s report is based on qualitative field research, research literature and census data.
What is a Multi-Purpose Senior Center -- MSC?*

- A gateway to the National Aging Services Network

- Source of community-based social and nutritional supports to help older Americans remain independent in communities

  Slides 3-4 are based on National Edercare Institute on Multi-purpose Senior Centers and Community Focal Points website.
Typical Programs

- Congregate and Home-delivered Meals
- Information and Referral
- Health and Wellness
- Recreation, Arts and Employment
- Transportation
- Volunteer Opportunities
- Intergenerational Programs
- Social and Community Action
What is the social work method used in MSCs?

- Toseland and Rivas’ (2005, p. 22) Typology of groups: MSCs are socialization groups with the purpose of improving interpersonal interactions through activities, the director serves as a leader, group as the medium for change, diverse composition and communication occurring within activities.
There are at least 230 MSCs in Los Angeles County with some zip codes having no centers, while others may have two.

The web site locator for these centers is www.la4seniors.com and it can be accessed with 7 languages.
# LA County Demographics

<table>
<thead>
<tr>
<th>Population</th>
<th>Total</th>
<th>Asian</th>
<th>W</th>
<th>H</th>
<th>A/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>in millions</td>
<td>9.75</td>
<td>.198</td>
<td>4.96</td>
<td>4.6</td>
<td>.867</td>
</tr>
<tr>
<td>% over 60</td>
<td>1.3</td>
<td>15.5</td>
<td>62.3</td>
<td>26.1</td>
<td>9.5</td>
</tr>
<tr>
<td>by race</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Married + Spouse</th>
<th>54.2</th>
</tr>
</thead>
<tbody>
<tr>
<td>60+</td>
<td>Widowed</td>
<td>23.6</td>
</tr>
<tr>
<td></td>
<td>Divorced</td>
<td>13.2</td>
</tr>
<tr>
<td></td>
<td>Separated</td>
<td>2.3</td>
</tr>
<tr>
<td></td>
<td>Never Married</td>
<td>6.8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mean Earnings 60+</th>
<th>$65,666</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 100% Poverty</td>
<td>10.4</td>
</tr>
</tbody>
</table>

### New York City Demographics

- **Total in millions** = 7,956,113

<table>
<thead>
<tr>
<th>% over 60</th>
<th>Asian</th>
<th>W</th>
<th>H</th>
<th>A/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>by race</td>
<td>8</td>
<td>57.4</td>
<td>19</td>
<td>22.4</td>
</tr>
</tbody>
</table>

- **Married + Spouse**
  - 60+ 45.8
  - Widowed 27
  - Divorced 11.5
  - Separated 4.3
  - Never Married 11.4

- **Mean Earnings 60+** $61,186
- **Below 100% Poverty** 19.4

New York

- City is composed of 5 boroughs.

- Each borough has a president & belongs to a different county.

- There are over 55 MSCs.

- All sites visited reported funding from the City of New York.
Programs

- Meals
- Trips
- Volunteering
- Dancing
- Ed. Classes
- Fitness
- Info. & Referral
- Emergency Assistance
- Home Bound Service
- Political Involvement
- Crime Prevention
Programs

- Trips
- Fitness
- Congregate Meals
- TV
- Billiards
- Info & Referral
- Holiday Parties
- Medical Screening
- Bilingual Staff & Info
<table>
<thead>
<tr>
<th>Year</th>
<th>Age</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>65+</td>
<td>567,212</td>
</tr>
<tr>
<td>2000</td>
<td>All</td>
<td>4,833,493</td>
</tr>
<tr>
<td>2005</td>
<td>65+</td>
<td>584,469</td>
</tr>
<tr>
<td>2005</td>
<td>All</td>
<td>4,082,849</td>
</tr>
</tbody>
</table>

- **2000 Median Income (in 1999 $) = $49,979**

**Grandparents Raising Grandchildren**

Support Services, Education, Prevention Activities, And Resource Referrals Are Available On A Monthly Basis By Adult Well-Being Services

313-924-7860  
http://www.awbs.org

National Grandparents Day In September

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**Adult Well-Being Services Presents**

**Health Education Workshops**

Third Tuesday Every Month 1:00 pm - 3:00 pm

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**Young At Heart Club**

Meets First Monday

Every Month

1:00 pm

New Members Welcomed

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**Birthday Club**

Meets Second Tuesday

Every Month

1:00 pm

New Members Welcomed

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**Monthly Doctor Appointments And Home Care Service**

**Available Every Tuesday 10:00 am - 2:00 pm**

First Tuesday  Donald G. Clark, P.A., Internal Medicine

Second Tuesday  Soni Gleton-Wilson, Chiropractic Physician

Third Tuesday  Mirza M. Baig, D.P.M., Foot Specialist/Surgeon

Fourth Tuesday  Ifey Ilechukwu, MD, Occupational & Rehabilitation Medicine, PC (Stress/Pain Mgt)

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**Ecorse Traveling Seniors**

Call Or Visit To Find Out Where The Seniors Are Traveling Next

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**Free Transportation Is Available To Handicapped And Senior Citizens Of The City Of Ecorse**

Transportation is provided on a scheduled basis only. When scheduling you must call two (2) or three (3) days prior to the day you need transportation and you must have the address and phone number of your destination.

If a rider is traveling in a wheelchair or needs assistance getting in or out of the van, a family member or a friend must accompany the rider.

THE VAN DRIVER IS ONLY TO PICK UP RIDERS. HE CANNOT LEAVE THE VAN TO GIVE ASSISTANCE.

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**Free Blood Sugar Screening**

First Friday Every Month  
12:15 – 1:30 pm  
Sponsored By  
Metropolitan Visiting Physicians

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**Free Blood Pressure Screening**

Second Friday Every Month  
12:15 pm – 1:30 pm  
Sponsored By  
Henry Ford Wyandotte Hospital

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**Hope To See You Soon!**
Programs

- Home Delivered Meals
- Trips
- Arts & Crafts
- Medical Service
- Commodities & Insure
- Med. Transport
- Congregate Meals
Canton's Senior Adult Program operates Monday through Friday, 8:30 a.m. - 5 p.m. in the Parkview Room of Summit on the Park. Look inside for more information about the programs, services and events offered to residents 55 and better.
Programs

Meals
Info. & Referral
Trips
Billiards
TV
Arts & Crafts
Ed. Classes
Fitness
Political Events
Volunteering
Katherine R. Dillon, BSW
MSW Candidate, Florida State University
Senior Centers in Brighton, England
2007 Annual Conference NASW-Michigan Chapter
Lansing, Michigan
17 May 2007
Presentation Agenda

I. Brief presentation on the mission and goals of Age Concern - 2 minutes.
II. Discussion of programs/services offered and volunteer opportunities - 4 minutes.
III. Observation of participants - 4 minutes.
IV. What does it mean to be a volunteer at Age Concern - 4 minutes.
V. Goals of Social Work and management staff at Age Concern - 4 minutes.
VI. Personal Reflections and Conclusions - 4 minutes.
Age Concern

Programs:
- Classes
- Therapy
- Assisted Bathing
- Dining
- Social and Travel Clubs
- Salon
- Forget-Me-Not
- Home from Hospital
- Community Outreach
- Transportation
- Charity Shops
- Funeral Planning Info
Volunteers at Age Concern

- All of the services at Age Concern are facilitated by volunteers within the community.

- Age Concern Volunteers:
  - Mostly comprised of older men and women within the community.
  - Obtain opportunities for social interaction.
  - Driven by a sense of “giving back to the community”.
  - Help others who are in need.
  - Remain active.

- Supervised interview regarding Margaret’s experience:
  - Therapeutic.
  - Assisted with healthy bereavement.
  - New outlook on life.
  - Network of close relationships and supports.
  - Age Concern is a “second home”.


Policies and Goals of Age Concern Management

- Effectiveness of services and mission based on volunteer and recipient feedback:
  - Emphasizing openness with a mutual working relationship.
  - Holding regular progress meetings encouraging new suggestions.

- Education on Elder Abuse.

- Empowering elderly recipients of services:
  - Promoting independence and autonomy.
  - Control over decision-making.
  - Respecting personal opinions and privacy.
  - Facilitating cultural competency.
  - Meeting individual needs.
  - Language used to deter ageism.
Conclusions: Brighton

- Based on experience at Age of Concern: Geriatric Social Work in England:
  - Less ageism and ageist practices.
  - Emphasis on independence and in-home care.
  - Older adults viewed with more respect.
Conclusions About Brighton

- Mission
- Programs
- Staff & Volunteer
- Policy Advocacy
- Finance
  - Personal Reflections
Conclusions: Multi-Purpose Sr. Centers
Brighton, England
New York
Los Angeles
SE Michigan

- Mission
- Programs
- Staff & Volunteer Patterns
- Policy Advocacy
- Finance
Multi-Purpose Sr. Centers

Brighton, England
New York
Los Angeles
SE Michigan

Practice Implications
Thank You!

Questions and/or comments?