Housing, Health and Aging in NYS

August 6, 2020
Learning Collaborative Webinar

TODAY’S AGENDA

Welcome
Intergenerational home sharing
Enabling Design
Safe at Home
NYSERDA Healthy Homes
Discussion
Next Steps
QUICK ANONYMOUS ZOOM POLL

IN ONE WORD, HOW ARE YOU FEELING?

1. GREAT
2. RELAXED
3. CONFUSED
4. STRESSED
5. OVERWHEMED

PARTICIPATING COUNTIES

<table>
<thead>
<tr>
<th>Executive Order 136</th>
<th>1</th>
<th>Herkimer</th>
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<td>Cert. Age-friendly</td>
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<td>HAAP Centers for Excellence</td>
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<td>Tompkins</td>
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HOUSEKEEPING ITEMS

• Virtual Convening: September 21st from 10am – 4pm
  • Metrics & Measurement
  • Updates from all the Teams
  • Format: morning webinar session / break / afternoon workshop session

• Recent CFE Topics
  • Emergency Management
  • Technology & Community Connections

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What is (intergenerational) home sharing?

An alternative housing model that matches older adult homeowners and tenants (“hosts”) with spare rooms and adults of any age (“guests”) seeking them; guests provide rent payments, help with household tasks, companionship and/or increased security.

HOW IT WORKS
Sponsoring agencies recruit hosts and guests, match them according to their living preferences, facilitate a services agreement, and may provide ongoing support. There are 3 types of co-housing arrangements.

The history of home sharing

- **1970s**: Home sharing programs first emerge in the U.S. as small-scale arms of larger community-based organizations, some self-funded, others by government or philanthropy.

- **1980s**: Program model gains increasing traction with housing advocates and federal policy makers, after the National Shared Housing Resource Center (NSHRC) is created under advocate Maggie Kuhn.

- **1990s**: Home sharing reaches its apex in the U.S., with an estimated 243 programs operating in nearly every state; programs start launching abroad, in Europe.

- **2010s**: Shrunken ranks of home sharing programs in the U.S. see a revival of interest and new pilots offering graduate students with college loans affordable housing and older adults an outlet for generativity.
LESSONS LEARNED

• In 2030, 24% of Vermonters will be 65+, up from 13% in 2006; 9% of older Vermonters live below poverty, 1 in 10 is food insecure
• 1 in 3 older Vermonters fell last year
• Program founded in 1982 by group of RSVP volunteers with help from U of V professors
• In FY ’19, 202 people served, 127 homes available, 22,354 hours of help provided
• Majority of funding comes from state, local government grants, and foundations
• HQ in South Burlington, serves 7 counties
• Hosted national training for new home sharing programs in 2019

HOW IT WORKS

• No age restrictions; most hosts are older adults or persons with a disability, guests are low-income
• Matching process starts with host application, then interview about interests and lifestyle
• HSV searches for guests who undergo background checks, provide references; connects guests and hosts; facilitates conversation; helps create match agreement outlining mutual expectations; provides ongoing support
• Two-week trial period to ensure compatibility
• Rent exchange, or rent and help arrangements (average rent: $300)
• One-time match fee on a sliding scale

Case Study 2: HomeShare Vermont, Northwest and Central Vermont
Case Study 3: Viure i Conviure (Live and Live Together), Spain

THE BACKGROUND
- 1 in 5 Spanish households with an older adult is one-person
- 6 out of 10 older adults living alone say they are frequently lonely
- Representatives from the Barcelona City Council, a local foundation and two city universities met in Fall 1996 to discuss and create this program
- As of 2008, ViC was operating in 27 cities across Spain, in cooperation with 34 universities
- 1,800 matches between older adults and students have been made since its founding

HOW IT WORKS
- Hosts are 65+, university students are under 30
- Hosts offer free housing for at least 1 year
- Students must spend at least 6 nights a week at the home and respect an 11:30 curfew
- Based on similar personalities and common interests: A team of psychologists and social workers selects and introduces pairs,
- After a trial month, the pair signs a cohabitation agreement describe each party's obligations
- Once a month, a staff member visits and talks to the older adult at home
- Staff acts as mediators and advisors supporting relationships building and conflict diffusion

LESSONS LEARNED
- 3 out of 4 students had more positive views of older adults
- Hosts reported greater ability to do daily activities
- 51% of hosts received help with personal care
- 1 in 2 hosts provided emotional support
- 1 in 3 students learned new things from their hosts
- High satisfaction (93% said they benefited)
- Host family approval is important

Scaling home sharing across New York State

Beyond New York City (where the New York Foundation for Senior Citizens established its program 40 years ago, and colleges like NYU and Hunter recently launched pilots), there is potential to scale home sharing across New York State, in the vicinity of any institute of higher learning

+ more than 100 private colleges and universities

COVID-19 presents challenges and opportunities: older adults face most severe complications; campuses are viral hotspots
References


Thank you all for joining us today.

Look for a survey about this webinar in your inbox.

We will send out the slides and notes, soon.

Contact us if you have any questions, dkolack@nyam.org.

Funded by

EXTRA SLIDES
### ACHIEVING MEASURABLE OUTCOMES

**PART III**

4. PROGRAM WORK PLAN

**ATTACHMENT C**

**Goals of the Program:**
1. Implement age friendly/viable community and healthy aging elements into county plans via county executive or other similar binding resolution.
2. To assist communities in achieving age friendly designation by AARP.
3. Develop an Age-Friendly Center of Excellence; and
4. Consider and apply relevant principles of smart growth in age-friendly community outcomes.

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<tr>
<th>Objective</th>
<th>Measureable Outcomes</th>
<th>Deliberations</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>Replicate Governor Cuomo’s Executive Order #190 at the county level (Per Options 1 and 3)</td>
<td>1. County passed Executive Order or other binding document (i.e. resolution) similar to Governor Cuomo’s Executive Order #190 that incorporates age-friendly concepts in government planning, contracting and procurement that furthers the goals of incorporating healthy aging and livability features in the development of policies, guidance, regulations and proposed legislation.</td>
<td>1. Written county executive order or similarly binding county passed document.</td>
<td>June 2021</td>
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<td>2. Participation and engagement in the Health Access Across All Policies / Age Friendly Learning Collaborative.</td>
<td>2. Attend 3 convening meetings; participate in 4 webinars; participate in needs assessment by phone; and complete web-based participant assessment surveys.</td>
<td>June 2021</td>
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<td>3. Consideration and incorporation of relevant smart growth principles in the planning and implementation process.</td>
<td>3. Create a collaborative, interdisciplinary/inter-departmental governance mechanism to implement the grant, which includes planning departments, professionals and or officials.</td>
<td>June 2021</td>
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<tr>
<td>Assail county or municipality in achieving age friendly designation by AARP via participating in age-friendly</td>
<td>1. Accordance into the WHO’s Global Network of Age Friendly Cities and Communities.</td>
<td>1. Submissions of application to AARP with letter of commitment from county or municipal executive leadership.</td>
<td>September 2020</td>
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<td>2. Establishment of mechanisms to involve older people throughout the Age-friendly cycle.</td>
<td>2. Outreach plan describing how older people and the community at large will be engaged to participate.</td>
<td>January 2021</td>
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<td>3. A baseline assessment of the age-friendliness of the community.</td>
<td>3. Develop a survey instrument and survey from the public creating baseline assessment for age-friendliness.</td>
<td>June 2021</td>
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<td>4. A 3-year community plan of action based on assessment findings.</td>
<td>4. Written 3-year community plan of action based on assessment results.</td>
<td>June 2021</td>
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<td>5. Identification of indicators to monitor progress.</td>
<td>5. Written monitoring tool to measure progress.</td>
<td>June 2021</td>
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Source: NYSFDA Age-friendly Planning Grant Request for Applications

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<td>Develop an Age-Friendly Center of Excellence (CDE) (Per Option 4)</td>
<td>1. County will directly, or through partnership with a community-based organization, university or other appropriate partner, create an Age Friendly Center of Excellence.</td>
<td>1. Documentation that Center of Excellence was created.</td>
<td>June 2021</td>
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<td>3. Consideration and incorporation of relevant smart growth principles in the services provided by the Centers of Excellence.</td>
<td>3. Demonstrate that materials developed for distribution by CDE contain smart growth principles and services.</td>
<td>June 2021</td>
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Source: NYSFDA Age-friendly Planning Grant Request for Applications