

## 2022 Community Benefits Implementation Strategy

Fiscal Years 2022-2025

### **Community Health Needs Assessment Priorities According to the Survey Responses:**

Priority #1 – Develop Educational Opportunities about Cognitive Impairment

Priority #2 – Offer seminars about how to downsize in order to move into Independent/Assisted Living Facilities

Priority #3 – Develop programs to educate people about Medicare, Probate, and Estate Planning

Priority #4 – Help people develop and understand appropriate activities for people with cognitive Impairment

### **Goal:**

Create programs to address each of the above priority needs.

1. Create an educational series that addresses the need for education about cognitive impairment as well as activities for people with cognitive impairment that includes the establishment of a memory café in the community.
2. Host quarterly seminars featuring companies that specialize in downsizing and share this information with the larger community through Constant Contact, Newsletters, etc.
3. Engage an elder care law firm to present seminars about Medicare, probate and estate planning.

### **Collaborative Partners:**

1. Pamela Atwood, Atwood Dementia Group - consulting, coaching, and counseling
2. Community faith based organizations
3. Elder Care Attorneys
4. Hoffman SummerWood
5. Dutiful Daughters and the Spirited Design



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2022 Community Health Needs Assessment and Implementation Plan

Adopted by the Board of Directors

## **Introduction**

Hebrew Senior Care provides a variety of services to the senior population (age 50 and older) in the greater Hartford, Connecticut area. These services include independent and assisted living apartments at Hoffman SummerWood, a 38-bed geriatric inpatient psychiatric hospital, adult day health care, and Connecticut Geriatric Specialty Group (an outpatient physician practice specializing in cognitive assessments). The Community Health Needs Assessment is required for licensed hospital facilities pursuant to Section 501(r) of the Internal Revenue Code, and thus relates only to the provision of Geriatric Hospital Services provided by Hebrew Senior Care. The overall purpose of a community health needs assessment is to identify potential barriers to accessing healthcare (financial and/or others), identify ways to prevent illness, and identify social, behavioral, environmental and/or other factors that influence health. Since Hebrew Senior Care's hospital is a specialty hospital providing behavioral health services for the senior population only, the focus of the assessment is more targeted than for a typical acute care hospital.

## **Definition of Population Served by Services**

**Connecticut Behavioral Health Hospital:** Serves the older adult population (defined as age 50 and older) throughout the State of Connecticut with mental health issues. The majority of admissions to the **Connecticut Behavioral Health Hospital** come from acute care hospital emergency departments. **Connecticut Behavioral Health Hospital** also receives admissions from senior care communities throughout the state including skilled nursing facilities and assisted living facilities. **Connecticut Behavioral Health Hospital** does have a financial assistance policy that allows the provision of health care services to individuals who otherwise would not be able to afford the needed care. Approximately 65% of the patients admitted to **Connecticut Behavioral Health Hospital** have some form of dementia while the remaining patients have schizophrenia, bipolar, and/or depression; to name the most common diagnosis.

**Hebrew Adult Day Center:** Offers services to clients age 60 and older. Majority of the adult day center clients have cognitive impairment, and are low functioning.

**Hoffman SummerWood:** 92 Independent and Assisted Living apartments.

**SummerWood Home and Health Services:** Provides the health services to those Hoffman SummerWood residents who require additional health services. Approximately 73% of our residents receive health services from the ALSA services.

**Connecticut Geriatric Specialty Group:** The outpatient physician practice offers seniors cognitive assessments. They have approximately 100 families from the community under their care but are not taking on any new patients for primary care services. Their primary focus is cognitive assessments for people in the community.

### **Process and Methods to Conduct the Assessment**

Questions for the assessment questionnaire were designed, and took into consideration feedback from health care professionals and patient families who utilized our services. The questionnaire was submitted through Constant Contact emails as well as posted onto Hebrew Senior Care's Facebook and Linked-in page. Approximately 2,400 individuals were invited to take the survey and it was posted for 3 weeks. A total of 30 responses were secured.

### **Prioritized Description of Significant Needs Identified and Implementation Plan**

#### **Significant need #1 – Develop Educational Opportunities about Cognitive Impairment**

**Implementation:** Hebrew Senior Care along with Pam Atwood, owner of Atwood Dementia Group, and Board member, will develop an educational series to respond to the need for information about cognitive impairment. The educational series will include newsletter information, in-person seminars as well as a YOUTUBE show. All the educational opportunities will feature a range of topics related to cognitive impairment with emphasis on how to secure a cognitive assessment, information about the disease, as well as education about appropriate activities for people with cognitive impairment, and self-care for the caregivers; to name a few topics. Hebrew Senior Care and Atwood Dementia Group have developed a YOUTUBE show entitled "Alz You Need to Know: The Questions that Keep You Up at Night" which focuses on information and opportunities for families dealing with cognitive impairment.

Lastly, Hebrew Senior Care with the help of an advisory group will establish a Memory Café in the community to help address the need for social connection for both the individual diagnosed with cognitive impairment as well as their caregivers.

## **Significant Need #2 – Offer seminars about how to downsize in order to move into Independent/Assisted Living Facilities**

**Implementation:** Hebrew Senior Care will ask Dutiful Daughters and Spirited Design who specialize in down-sizing to write articles that we will share with the larger community through Constant Contact. After the article is emailed to the community at large, we will have an opportunity for people to register for in-person seminars with featured speakers who are experts in downsizing.

## **Significant Need #3 – Develop programs to educate people about Medicare, Probate, and Estate Planning**

**Implementation:** Hebrew Senior Care is partnering with local law firms who specialize in elder law to provide seminars about Medicare, Probate and Estate Planning. We will hold specific seminars to address each of these individual topics with the goal of having 3 seminars about each of these topics offered twice a year.

## **Significant Need #4 – Help people develop and understand appropriate activities for people with Cognitive Impairment**

**Implementation:** Creating a Memory Café in the Greater Hartford community is one of the first ways Hebrew Senior Care will teach families about appropriate activities as we model activity options through the Café. In addition, a YOUTUBE show will exclusively focus on engagement activities for people with cognitive impairment. Lastly, we will host a seminar and book signing featuring Pam and Tom Atwood who wrote a book entitled Total Engagement: Activities for Growth and Expression in Older Adults. Pam Atwood is a dementia care specialist and Tom Atwood is a physical therapist with expertise in working with seniors and is certified in LSVT Big and Loud; is a physical therapy program designed specifically for people with Parkinson's.

