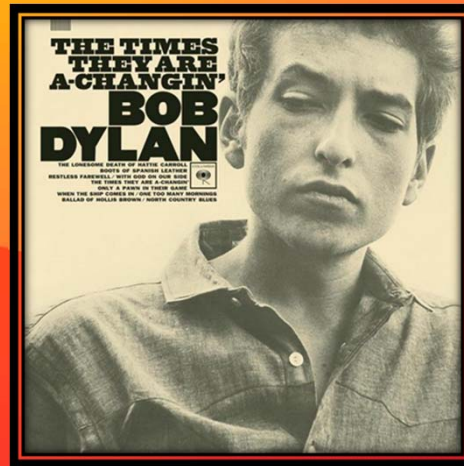


Times they are a-changin': Identifying needs, filling gaps, and providing quality services for aging in place.



Sue Myllykangas, PhD, CTRS
Northwest Missouri State University

Learning Outcomes

- Participants will identify an area of programming or service that requires updated information via implementation of a needs-assessment.
- Participants will design a basic outline of information to include on a needs assessment in addition to outlining a general implementation plan for gathering data.
- Participants will demonstrate an understanding of the administrative and professional reasons for regular needs assessments of programs and services.

Quick Shout Out Discussion



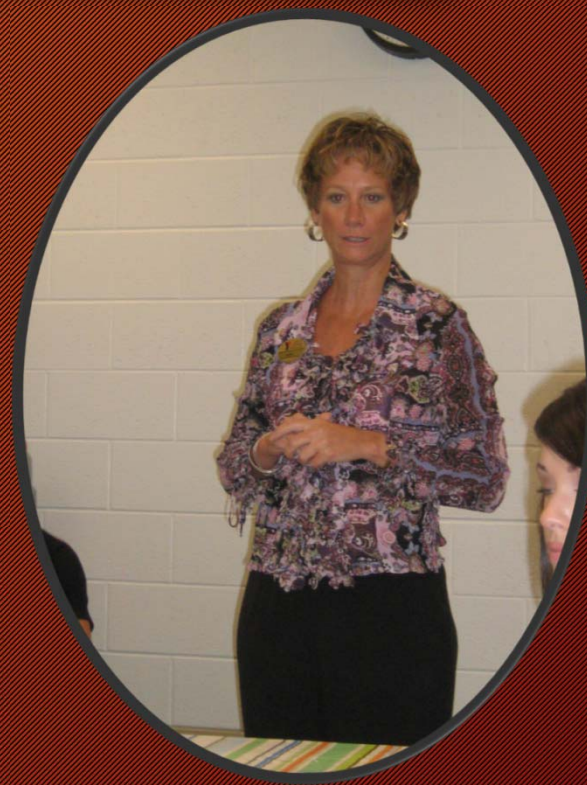
- What is a Needs Assessment?
- How are they implemented at your agency?
- When was the LAST time your agency/program conducted one?
- What were the RESULTS and HOW did you use them?
- Other Thoughts?

Needs Assessment?

- APIED Process
 - Assessment of Client's Needs
 - Plan Goals & Objectives to Meet Needs
 - Implement Interventions
 - Evaluate if Goals Met
 - Document Outcomes
- Needs Assessment
 - Same Process: For Program, Agency, Community Needs
 - Resource Allocation/Decision Making
 - Trend Mapping
 - Filling Service Gaps



Needs Assessment: Problem-Based Learning



Needs Assessment: Purposeful Teaching & Learning

- 2007 – Platte Co South YMCA
- ? – Why Won't Boomers Participate?
- Profession-Based Learning
- Findings:
 - Huge Growth in Aging Boomers
 - High Competition – Business'
 - Focused on Fitness Mostly
 - High Cost to Participate
 - Not Meeting Needs of ALL Boomers
 - Earth Day Mentality
 - Not All Like Formal Fitness or Instructional Formats



Results: A Community Garden



Come be a part of the Community Garden located on Tom Watson Parkway in Parkville.

First time gardener's will also pay a \$100 deposit that is refundable upon completion of the gardening season.

The season will start March 17, 2018 and the garden will close November 30, 2018. Plots are 10x20. Fee's collected pay for the water, hoses and compost.

Gardner's are responsible for all their own garden supplies.

PCCCS-HL-AIG-GAR

Program Category

Healthy Living

Location

PCCCS Community Garden on Tom Watson Parkway

2035

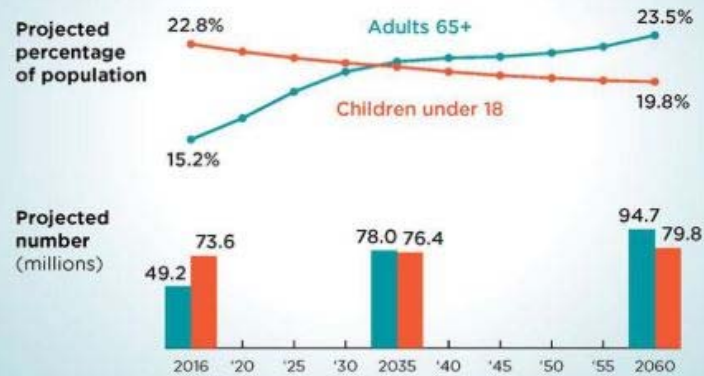
aging



An Aging Nation

Projected Number of Children
and Older Adults

For the First Time in U.S. History Older Adults Are
Projected to Outnumber Children by 2035



United States
Census
Bureau

U.S. Department of Commerce
Economics and Statistics Administration
U.S. CENSUS BUREAU
census.gov

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html



Population Projections by Age
Missouri Counties: 2000 through 2030

County	Age	2000	2005	2010	2015	2020	2025	2030	Chg from 2015-2030
Nodaway	35-39	1,373	1,164	1,195	1,013	1,539	1,317	1,162	14.71%
Nodaway	40-44	1,398	1,368	1,144	1,172	989	1,529	1,304	11.26%
Nodaway	45-49	1,344	1,372	1,329	1,096	1,128	943	1,503	37.14%
Nodaway	50-54	1,036	1,318	1,335	1,290	1,058	1,095	909	-29.53%
Nodaway	55-59	895	1,025	1,299	1,317	1,278	1,049	1,091	-17.16%
Nodaway	60-64	791	877	1,000	1,275	1,302	1,271	1,048	-17.80%
Nodaway	65-69	701	747	828	948	1,223	1,263	1,242	31.01%
Nodaway	70-74	713	639	680	759	880	1,148	1,200	58.10%
Nodaway	75-79	595	616	554	594	673	791	1,046	76.09%
Nodaway	80-84	490	448	468	426	465	537	640	50.23%
Nodaway	85+	527	511	487	495	489	519	588	18.79%
Sr. Ctr Pop.		5,748	6,181	6,651	7,104	7,368	7,673	7,764	9.29%
BB% of Sr Ctr		18.02%	37.91%	54.64%	67.99%	63.56%	58.30%	53.17%	

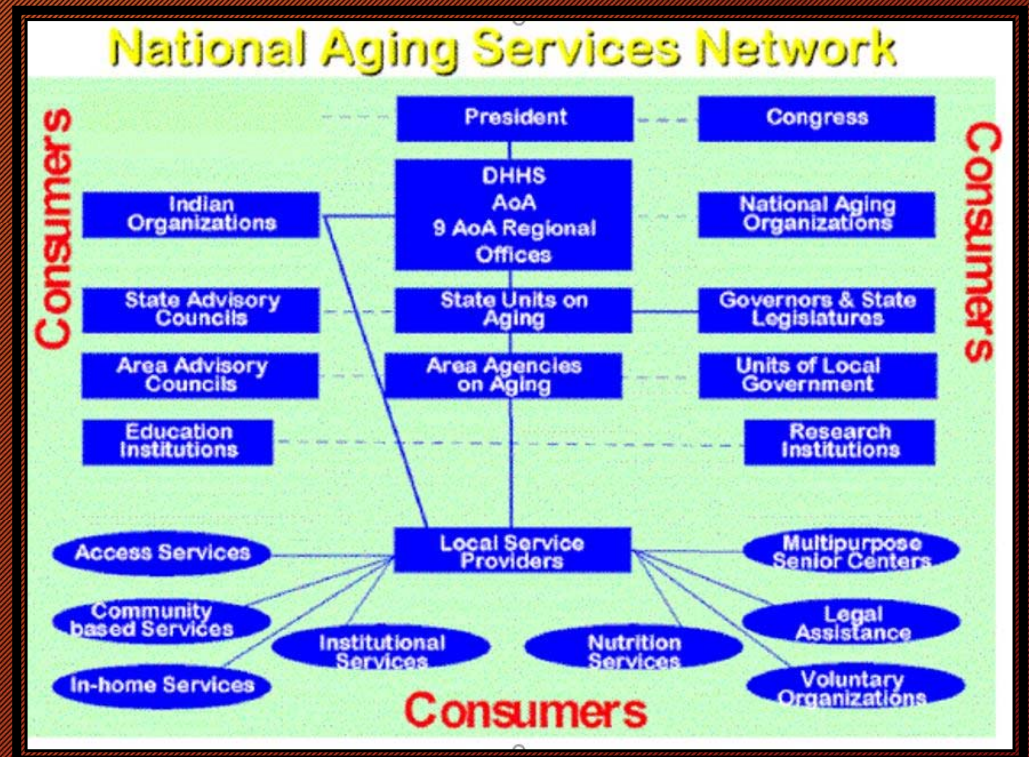
Population Projections by Age
Missouri Counties: 2000 through 2030

County	Age	2000	2005	2010	2015	2020	2025	2030	Chg from 2015-2030
Platte	35-39	6,693	6,050	6,482	6,282	7,647	8,304	8,547	36.06%
Platte	40-44	6,734	7,272	6,496	6,915	6,655	8,044	8,672	25.41%
Platte	45-49	6,024	7,061	7,535	6,691	7,073	6,758	8,114	21.27%
Platte	50-54	5,333	6,007	6,962	7,383	6,514	6,838	6,491	-12.08%
Platte	55-59	4,109	5,116	5,701	6,575	6,936	6,083	6,350	-3.42%
Platte	60-64	2,640	3,792	4,685	5,207	5,985	6,290	5,495	5.53%
Platte	65-69	1,911	2,370	3,380	4,181	4,645	5,333	5,598	33.89%
Platte	70-74	1,523	1,745	2,159	3,084	3,832	4,265	4,904	59.01%
Platte	75-79	1,426	1,407	1,609	2,005	2,874	3,599	4,026	100.80%
Platte	80-84	865	1,302	1,294	1,493	1,881	2,721	3,450	131.08%
Platte	85+	780	947	1,308	1,540	1,823	2,261	3,082	100.13%
Sr. Ctr Pop.		18,587	22,686	27,098	31,468	34,490	37,390	39,396	25.19%
BB% of Sr Ctr		28.69%	49.03%	64.02%	74.19%	62.04%	52.12%	45.63%	

Needs Assessment via Survey & Focus Groups

What Worked...and...What Didn't

Partnerships & Theoretical Grounding



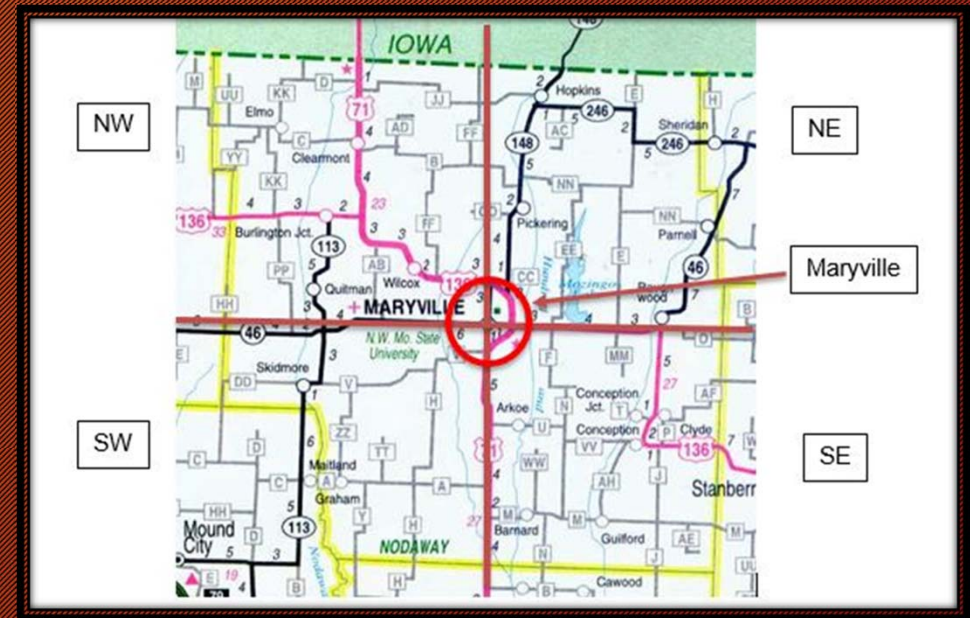
Purpose & Design

To determine the needs of seniors & their caregivers.

To determine gaps in services.

To define where & how to spend limited resources for largest benefit.

To identify gaps in services that a CTRS could fill & get some hired in town!



NODAWAY COUNTY ACTIVE ADULT AND CAREGIVER NEEDS ASSESSMENT

Please return this assessment to the person who gave it to you or mail by October 15

1. Please check who is completing this survey :

_____ Respondent/Myself _____ Assistant to the Respondent

2. Do you live:

<input type="checkbox"/>	In the country or a town of 200 people or less
<input type="checkbox"/>	In a town of 201 to 500 people
<input type="checkbox"/>	In a town or city of 501 people or more

3. Which Town or City do you currently live in, or is the closest to your home location?

4. Over the past 6 months, has your household experienced a need with any of the following?
Please check the box to the right that best describes your situation.

	Need	Major Problem	Minor Problem	No Problem
A	Good Nutrition			
B	Your Health			
C	Mobility			
D	Transportation			
E	Legal Issues			
F	A Lack of Information			
G	A Lack of Assistance			
H	Feeling Lonely, Sad, or Isolated			
I	Financial Problems			
J	Fear, Depression, and/or Anxiety			
K	Victim of Crime			
L	Housing			
M	Providing Care for Someone			

5. Over the past 6 months, please tell us if your household received assistance with any of the following needs and who provided the help?

	Received Assistance For:	Family/ Friends	Senior Center	Other Sources	No Assistance Needed
A	Good Nutrition				
B	Your Health				
C	Mobility				
D	Transportation				
E	Legal Issues				
F	A Lack of Information				
G	A Lack of Assistance				
H	Feeling Lonely, Sad, or Isolated				
I	Financial Problems				
J	Fear, Depression, and/or Anxiety				
K	Victim of Crime				
L	Housing				
M	Providing Care for Someone				

- a. What barriers are limiting you from solving the problems listed in #5?
(Check ALL that apply)

<input type="checkbox"/>	Money	<input type="checkbox"/>	Transportation
<input type="checkbox"/>	Health Issues	<input type="checkbox"/>	Communication
<input type="checkbox"/>	Access to Help	<input type="checkbox"/>	Help Not Available
<input type="checkbox"/>	Feeling Isolated, Excluded or Unwanted	<input type="checkbox"/>	Lack of Time
<input type="checkbox"/>	Work Interferes	<input type="checkbox"/>	I Don't Know

If you are not a caregiver for anyone in your household, skip to question #7

6. Caregiving

a. Are you currently providing care for someone other than yourself?

_____ Yes _____ No (If 'No', skip to question #7)

b. Whom are you caring for? - (Check ALL that apply)

<input type="checkbox"/>	Spouse
<input type="checkbox"/>	Relative/Extended Family Member
<input type="checkbox"/>	Grandchild(en)
<input type="checkbox"/>	Child
<input type="checkbox"/>	Neighbor/Friend

c. Do you and the person(s) you care for live in the same household?

_____ Yes _____ No

d. Are you currently working?

_____ Full Time
_____ Part Time
_____ Not Working

e. Do you receive any payment for your caregiving services?

_____ Yes _____ No

f. If you or the person you care for currently receive outside services or help, what are they? _____

g. What services would help you and/or the person you are caring for stay independent and in your home and/or community?

7. Which of the following local resources do you make use of or participate in on a monthly basis?
(Check ALL that apply)

<input type="checkbox"/>	Church	<input type="checkbox"/>	School
<input type="checkbox"/>	Community Center	<input type="checkbox"/>	Grocery Store / Convenience Store
<input type="checkbox"/>	Senior Center	<input type="checkbox"/>	Hospital/Doctor's Office
<input type="checkbox"/>	Library	<input type="checkbox"/>	Clubs (VFW's, Elk's, Eagle's, Lion's, Mason's, etc.)
<input type="checkbox"/>	Restaurant, Coffee Shop, etc.	<input type="checkbox"/>	Other: _____

8. Demographics / General Questions

a. Please Identify the Ages of Members of Your Household (ranges)

Age	# in Age Group in Your Household	# Males	# Females
40-49			
50-59			
60-64			
65-74			
75-84			
85 and over			

Total Number of Persons in Household _____

b. Number of Household Members that are **Native of Missouri** (born and raised in state)

c. Residence:

<input type="checkbox"/>	Own Home
<input type="checkbox"/>	Rent Home
<input type="checkbox"/>	Rent Apartment
<input type="checkbox"/>	Subsidized Housing
<input type="checkbox"/>	Other _____

d. What is the total annual household income per year?

<input type="checkbox"/>	Less Than \$12,040	<input type="checkbox"/>
<input type="checkbox"/>	\$12,041 - \$16,460	<input type="checkbox"/>
<input type="checkbox"/>	\$16,461 - \$20,780	<input type="checkbox"/>
<input type="checkbox"/>	\$20,781 - \$25,100	<input type="checkbox"/>
<input type="checkbox"/>	\$25,101 - \$29,420	<input type="checkbox"/>
<input type="checkbox"/>	\$29,421 - \$33,740	<input type="checkbox"/>
<input type="checkbox"/>	\$33,741 - \$38,060	<input type="checkbox"/>
<input type="checkbox"/>	\$38,061 - \$42,380	<input type="checkbox"/>
<input type="checkbox"/>	Over \$42,380	<input type="checkbox"/>

e. Which of the following best describes your racial identity?

<input type="checkbox"/>	Caucasian	<input type="checkbox"/>	Black or African American
<input type="checkbox"/>	Hispanic or Latino	<input type="checkbox"/>	Asian
<input type="checkbox"/>	Native Hawaiian/Pacific	<input type="checkbox"/>	American Indian
<input type="checkbox"/>	Alaskan Native	<input type="checkbox"/>	Other

9. What, in your opinion would improve the lives of aging adults or caregivers living in Nodaway County?

This assessment will help to identify the needs, or 'gaps' in services currently available and those that are needed. By clearly identifying the problems individuals/caregivers face in their communities, resources can be directed towards developing and implementing feasible and applicable solutions.

Thank you!

Please return this assessment to the person who gave it to you or mail by October 15 to:

*Dr. Sue Myllykangas, Northwest Missouri State University,
800 University Drive, MH 108, Maryville, MO 64468*

Collecting the Data

- Graduate Student = Good
- Professor = Not Good
- Gatekeepers are VITAL
- Snowball Sampling
- Go TO the People – don't rely on mailed surveys to be returned
- People will send back blank surveys
- People won't tell you things
- Plan to gain about 10 #s!
 - Beef & Noodles, Ice Cream, Fried Chicken
- Don't forget about City Hall & Demographic Data Sources



Demographic Aging in Nodaway County 2000 - 2030

- ▶ **Total Nodaway County** population increased by only 2.7% over last 20 years (from 21,875 to 22,472);
 - ▶ Maryville population (2017): 11,757
- ▶ **Residents age 60 and over** increased by approximately 32% over last 20 years (from 3,817 to 5,032);
- ▶ **Total Nodaway County** population projected to increase by only 4% by 2030 (from 22,472 to 23,370)
- ▶ **Residents age 60 and over** estimated to grow by an additional 15% by 2030 (from 5,032 to 5,764);
- ▶ **Summary:**
 - ▶ Between 2000 and 2030, **Nodaway County** population estimated to grow **6.7%** - while **Residents 60 & over** estimated to grow nearly **50%**



Focus Groups

Question 1: What needs do aging adults have in Nodaway County?

- Transportation
- Night Care/Adult Day Care
- Pets (Assistance in Owning an Animal – Foster Care of Animals)

Question 2: What needs do caregivers of aging adults in Nodaway County have?

- Adult Day Care
- IADLs – Technology assist?
- How do we get people to accept care?
- Respite Care (not LTC centers)

Question 3: What activities and programs are needed/wanted for aging adults and caregivers in Nodaway County?

- Programs on Fraud (How to prevent fraud)
- Education on Elder Abuse
- Newsletters/Facebook (helpful hints, ideas for gifts for seniors, etc)
- Teaching – Programs about long term care (policies, procedures, etc)
- Pen Pal System (connect home bound elders)

Key Take Aways to Promote Hiring CTRS



- Aging Population in County – Migration to City – Take \$\$
- Top Needs Identified:
 - Health, Mobility, Caregiving, Finances, Lack Information, Mental Health
- Reactive instead of Proactive Wellness Services
- Infrastructure Not Supporting Aging Needs
- Senior Center Not Meeting Needs Other Than Meals
 - Younger “Seniors” Will NOT Attend Center Activities – Stigma
- Certain Areas of County Have Formed Own Support Networks
- Needs Vary Across County
- Common Thread is **ENGAGEMENT**
 - Activity Theory vs Disengagement Theory
 - Boomers NOT Ready to Disengage

Creating a TEAM of Partners



NWMSU, CTRS,
Research, Interns



Hospital President
“Stealth Health”
Advocate



County Economic Dev.



City Parks & Rec



Finances, Aging 501 C3



NWMSU Retired Faculty Assoc.

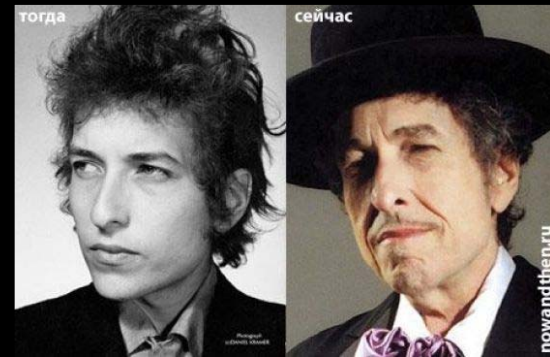




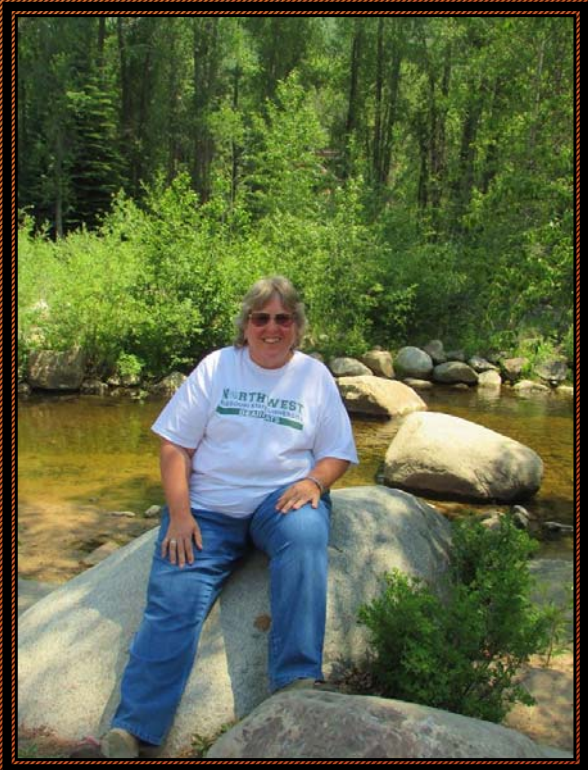
It All Started with a Needs Assessment!

- Look at your PROGRAMS
- Look at your AGENCY
- Look at your CORPORATION
- Look at your CITY
- Look at your STATE
- Look at the NATION
- What is coming?
- What needs to CHANGE now to meet what's coming?
- Could a CTRS fit into the needs you identified?
- Part of being a Professional is Staying Current with Changes and Advocating for Your Profession

Times ARE Changin'



Thank You



Contact Information:

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susanm@nwmissouri.edu