

GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER PROGRAM'S OVERVIEW



Founded by Zion Baptist Church, the Genevieve N. Johnson Senior Day Care Center offers services and programs that impact the underserved in the Washington Metropolitan Area. Specifically, Zion Baptist Church Genevieve N. Johnson Senior Day Care Center conducts various programs, initiatives and activities that will be designed to improve the community, as follows:

- a To provide quality day care for seniors and respite care opportunities for families caring for elderly family members;
- b To provide training and counseling services for caregivers; and
- c To advocate and promote programs and create environments that are conducive to healthy families.

The Genevieve N. Johnson Senior Day Care Center ("Center") stated mission is to coordinate a comprehensive and cohesive effort at the Center with a goal to ensure that all residents of the District of Columbia over the age of sixty years that are served by the Center are active, connected, healthy, engaged, and happy in their own home environment as they continue to age.

This charge is in keeping with D.C. Mayor Bowser's initiative on an "Age-Friendly" D.C. with the stated purpose of making Washington, D.C. a great city for all people as they continue to grow older. The Genevieve N. Johnson Senior Day Care Center also seeks to establish strategic partnerships with other governmental agencies, non-governmental organizations, the faith-based community, corporations and individuals.

The Genevieve N. Johnson Senior Day Care Center also firmly believes that individuals have a key role to play in the continued growth and success of the Center. To this end, members of Zion Baptist Church will be encouraged to become participants of the Center as well as share their time, talents and resources by becoming more actively engaged as volunteers in offering assistance and referrals to the Center.

In closing, the Genevieve N. Johnson Senior Day Care Center has a proven legacy of commitment and service to the elderly residents of Washington, D.C. and without a doubt there is so much more that can be accomplished in the coming years.

The Genevieve N. Johnson Senior Day Care Center Program ("Center") is an Adult Day Care Center domiciled in Zion Baptist Church's Family Life Center located at 4817 Blagden Avenue, N.W., Washington, D.C. 20011. The Center has been in operation for approximately thirty-five years and incorporates quality day care services for the frail elderly as well as the recreation/socialization for the well-to-do elderly. The Center is located in Ward Four of the District of Columbia and serves residents age sixty years and older. The Center is a one-of-a-kind program and the only such Center that provides these types of services in Washington, D.C.

The overall goal of the Genevieve N. Johnson Senior Day Care Center's Program is to provide an atmosphere designed to enable families to successfully manage the responsibility of quality care for an elderly or frail senior family member in order that they may be able to comfortably remain in their home and therefore maintain a reasonable quality of life for as long as possible by providing various rehabilitative, social and recreational programs, activities and services made possible by the Center. The participants at the Center enjoy recreation and friendship with their peers as well as receive health care assistance and the education they need to function as independently as possible in order to remain in their home environment and local community and to forestall early institutionalization. This would include, but not be limited to, health promotion, social and nutrition benefits coupled with family supportive services via counseling, comprehensive assessments and required resources and services after assessments as well as case management reviews and follow-ups.

The Center provides a very important outlet for family caregivers, as it offers socialization, activities, and necessary supervision to those individuals who are socially isolated or in need of essential care and assistance. Caregivers feel confident that their loved ones are in a safe environment and well cared for while they are at work or performing other necessary tasks. The Center offers a variety of programs and amenities, including medical screening, exercise programs, recreational activities, therapeutic services, and a diverse schedule of engaging activities. Assistance with the activities of daily living, including eating, walking, toileting, and medication management is also available. Additionally, the Center provides nutritious meals and snacks on a daily basis. For many caregivers, the Center provides them with the adult day care services they need in order to adequately care for their aging relative or spouse. Whether they use the Center for respite services or for daily care so that they can work or tend to other responsibilities this is an important option for family caregivers.

Currently, through an annual grant awarded from the D.C. Office on Aging, the Center provides: (a) Adult Day Care Services, (b) Recreational/Socialization Activities, (c)

Health Promotion, (d) Counseling, (e) Comprehensive Assessment, and (f) Case Management. These components are accomplished through the provision of: (a) Transportation and Escort Services, (b) Congregate Meals, (c) Therapeutic Arts and Crafts, (e) Intergenerational Activities, (f) Alzheimer's Support Group, (g) Music Therapy, and (h) Outreach to the Local Community.

The Center also avails itself to other services offered to residents of the District of Columbia aged sixty years and older by the D.C. Office on Aging such as: (a) Caregiver Support, (b) Community and Home-Delivered Meals, (c) Information and Referral/Assistance, (d) Legal Assistance, (e) Long-Term Care Planning, (f) Medicaid Enrollment Assistance, (g) Nutrition Programs, and (h) Nursing Home to Community Living Transition. In addition, the Center collaborates with the D.C. Aging and Disability Resource Center (ADRC) for low-income seniors interested in receiving assistance in completing the necessary government forms for Medicaid benefits and the Supplemental Nutrition Assistance Program (SNAP).

Statistics from the National Council on Aging indicate that ninety percent of the elderly say they want to spend the remainder of their life in their own home with the best level of quality care that they can afford. Those same statistics are representative of the seniors that attend the Center. As much as they want to continue to live in their own homes, they need an appropriate level of health and social services assistance to do so because of cognitive or physical impairments. For instance, many need supportive services and assistance to maintain simple activities of daily living such as preparing meals and eating, basic hygiene, bathing and grooming as well as assistance with scheduling and/or transportation to their medical/dental appointments, maintaining their bank accounts and paying bills, etcetera.

Because of their limitations, they often need the assistance of a caregiver, many of whom are family members, who care for them 24/7. Thus, indicating the need for the Genevieve N. Johnson Senior Day Care Center's Program to help the elderly as well as give the caregiver the much needed support structure in order to relieve the physical demands and related stress of providing around-the-clock care. The Center therefore provides an opportunity for the elderly to also get out of their respective home in order to prevent isolation and receive mental, physical and social stimulation in a caring environment. The Center also provides a range of therapeutic, restorative and rehabilitative services to increase optimal level of function for participants.

Moreover, the cost of aging is a very serious concern for seniors and their caregivers. In 1900, Americans over the age of sixty-five years accounted for approximately four percent of the total U.S. population. By the year 2050, experts anticipate that this

number will increase by more than twenty percent. In 2010, there were already 40.3 million people age sixty-five and older which is twelve times the number in 1900. By the end of 2016 it is anticipated that there will be more than 90 million people over the age of sixty-five. According to a 2010 D.C. Department of Health survey, approximately 47.7% of residents in the District of Columbia age sixty-five years or older were “very satisfied” with their overall quality of life.

Further, income levels for aging Americans are increasing but not as quickly as their medical bills. In 2010, the median annual out-of-pocket cost for Americans age sixty-five years or older was \$2,600.00 and by the year 2040 it will increase to an estimated \$6,200.00. All of the above statistics prompts plenty of hard questions for the elderly and their caregivers and the Center fully understands that the elderly and their caregivers have the right to determine their needs; decide how to best have those needs met; and give feedback about the quality and nature of the care, services and support that they receive.¹

Caring for a parent, grandparent, spouse, sibling or other loved one has its challenges and rewards. It can be gratifying as well as frustrating, with no clear roadmap on how to proceed. More than 65 million people in the United States care for a parent or disabled adult, and of these caregivers, more than a third still have minor children living at home. Middle-aged adults may find themselves sandwiched between limiting teenagers, pushing for more independence, and aging parents, who want to hold on to their independence for as long as they can. Many caregivers attempt to juggle it all without feeling depleted and guilt-ridden but this takes time, patience, forethought and compassion – not only for the person that they are caring for but just as importantly for themselves. Again, the Center can serve as a “Balm in Gilead” from which the caregiver can gain invaluable insight and compassion as well as counseling, assistance and resources in order to become a more balanced caregiver.

Based on an individual’s desire to receive assistance while enjoying the comforts of home, the Center can offer a variety of healthcare and support services, from professional nursing to home health aide services to physical, occupational, respiratory and speech therapies. Home care can also include companion care, home healthcare, skilled nursing care or hospice care. Below is a brief description of the various levels of care for the elderly that can be facilitated by the Center:

Companion Care. Companion care is provided by caregivers or companions, who serve as “surrogate” family members, performing many of the tasks that family members would typically complete. Assistance from companion caregivers can include meal

¹ *Guide to Retirement Living Source Book DC Metro Area Edition Winter 2015/2016*

preparation, medication reminders, laundry, light housekeeping, shopping, transportation and assistance with exercising. The overall goals of companion care providers are to ensure that the home environment remains safe and that the individual has a companion to spend time with when the family is not available.

Home Healthcare. Home healthcare is for those individuals who are no longer able to perform all of the functions of daily living by themselves but who do not require skilled medical services. A home health aide can help with activities of daily living (ADLs), which include bathing, dressing, transferring, eating and toileting. Additional services generally include meal preparation, mobility exercises, light housekeeping, laundry, medication reminders and transportation.

Skilled Nursing Care. Skilled nursing care is prescribed by a physician and is administered by a registered nurse. The services provided by skilled nurses include: administering injections, administering medications, wound care, IV monitoring, blood tests, catheter care, respiratory therapy, physical therapy, feeding tube administration and more.

The Center can definitely assist a caregiver with determining the type and amount of services stated above to include the verification of all required licensing, bonding and insurability of care providers along with guidance on payment options. Recognizing that this is a highly important decision, finding a qualified, reliable and compassionate individual to provide requisite care is essential to the health and happiness of both the elderly and their families. Please refer to Appendix Number One – Various Types of Senior Living Arrangements and Care Services - for additional details.

Moreover, in many of families that provide care for their loved ones, their efforts are compounded by the scourge of Alzheimer's, Dementia and other severe memory loss conditions. According to the 2013 Alzheimer's Disease Facts and Figures report, one in three seniors dies with Alzheimer's or another form of Dementia in the United States. While deaths from other major diseases, such as heart disease, HIV/AIDS and stroke, continue to experience significant declines, Alzheimer's deaths continue to rise – increasing sixty-eight percent from 2000-2010. Urgent, meaningful action is necessary, particularly as more and more people age into greater risk for developing a terminal disease that today has no cure and no way to slow its progression. Alzheimer's disease is now the sixth-leading cause of death in the United States and is the only leading cause of death without a way to prevent, cure or even slow its progression.

Unfortunately, more than five million Americans are living with Alzheimer's disease. Without the development of medical breakthroughs that can prevent, slow or stop Alzheimer's disease, by the year 2050, the number of people affected with Alzheimer's

disease could reach 1.8 million. Both Alzheimer's and Dementia place an enormous burden on individuals and their families. In 2012, there were more than fifteen million caregivers who provided more than seventeen billion hours of unpaid care valued at \$216 billion.

Individuals with Dementia often require increasing levels of supervision and personal care as the disease progresses. As symptoms exacerbate as the disease progresses, the high levels of care required by family members and friends can often result in increased emotional stress and health challenges for caregivers. Due to the physical and emotional toll of caregiving, Alzheimer's and Dementia caregivers had \$9.1 billion in additional health care costs of their own in the year 2012. The burden on the nation's health care system and government programs is also enormous. According to the Alzheimer's Association 2013 Facts and Figures, the total payments for health and long-term care services for people with Alzheimer's and other Dementia has totaled \$203 billion in the year 2013; the lion's share of which was borne by Medicare and Medicaid with combined costs of \$142 billion. Despite these staggering figures today, by the year 2050, the total costs will increase by five hundred percent to approximately \$1.2 trillion.

Alzheimer's disease basically steals everything – steadily, relentlessly, inevitably. With baby boomers reaching the age of elevated risk, many do not have the time to prepare themselves for either suffering from Alzheimer's disease or preparing themselves to be a caregiver for a parent, spouse, sibling or other loved one. There are also significant challenges faced by long-distance caregivers for people living with Alzheimer's. Nearly fifteen percent of caregivers for people with Alzheimer's or Dementia are “long-distance” caregivers – caring for people with Alzheimer's disease who live at least one hour away. These long-distance caregivers have an annual out-of-pocket expense nearly twice as high as local caregivers - \$9,654.00 compared to \$5,055.00.²

Another growing challenge facing caregivers is the fact that nationwide about 860,000 people older than sixty years of age are caring for a loved one with either an intellectual or developmental disability in their home. Moreover, many of these caregivers are waiting, sometimes for years, for state-provided Medicaid assistance for a disabled spouse, child, sibling, parent or grandparent such as placement in a group home, day care service, or transportation program. If the caregiver cannot afford to pay for these services on their own, under the federal-state Medicaid system, then their loved one could regrettably end up in an institution. Unfortunately, the number of older caregivers facing this circumstance continues to grow and their urgent need for assistance becomes even more of a burdensome challenge.

² *Guide to Retirement Living Source Book DC Metro Area Edition Winter 2015/2016*

Fortunately, the generation of caregivers older than sixty years of age have watched over decades as the United States grew more understanding of people with disabilities. A deinstitutionalization movement swept across America in the 1970s and 1980s and for decades now, most people who receive Medicaid assistance have been cared for at home by their family members. In 2013, spending for community and home-based services surpassed spending for large institutions such as mental hospitals and nursing homes. Unfortunately, in 2013, about 198,000 people were still waiting for home-or-community-based services while there are fewer residential options and longer waiting lists.

Family caregivers are therefore in constant search for more support, such as high-quality case management and respite services. In addition, with medical, technological and public health advances, people with disabilities are living longer and with family sizes shrinking over the years, there are fewer spouses, parents, siblings and/or children around to assume care for a disabled family member as everyone ages. In addition, caregivers need help transitioning out of their role – finding the person with disabilities a place to live, supplemental money necessary for care benefits and/or a new guardian. Regrettably, many caregivers are very concerned that they will actually die before their disabled loved one will eventually die because they don't believe that there will be anyone out there to care for their loved one.³

In conclusion, the Genevieve N. Johnson Senior Day Care Center's Program is committed to ensuring the quality of life for those seniors that it serves through a commitment of teamwork, unity of purpose and compassionate care. The Center firmly believes that it not only provides much needed services for the participants, but for their families as well, by understanding their need for the safety, comfort and overall well-being of their loved one.

³ *The Washington Post Health & Science Section Friday, August 30, 2016*