



Institute on Aging

Helping Bay Area Seniors Live Independently

## Helping Older Adults Live Independently

Institute on Aging (IOA) is a community-based, non-profit organization that has helped thousands of Bay Area older adults to remain living in their own homes for over 25 years.

While devoting attention primarily to the later years of life, IOA is involved across the generations. We look wholly at each individual and the process of aging, in the context of family, partners, friends, culture, and community. Life is inter-connected and it is these relationships that make it meaningful. Therefore, IOA is dedicated to enabling all adults, as they age, to preserve their own living arrangements, involvements, and relationships, with sensitivity to the concerns of family and friends.

### IOA's Community Services

IOA offers guidance and services for seniors to increase independence, alleviate worries, and live life with dignity. Turn to IOA for information on care in the home or in the community, counseling for caregivers and seniors, financial planning, resources for professionals and students in the field of aging, and much more. Learn more about our areas of service below or give us a call at 415.750.4111. We are here to help.

**Assessment:** Our Geriatric Assessment Service works to diagnose apparent decline in memory or intellectual ability, or perplexing changes in mood and behavior, with appropriate psychological testing and medical consultation. Services are provided at home or where convenient to the client.

**Care Coordination:** An IOA care manager evaluates the home situation, determines services needed, makes all of the necessary arrangements, and checks regularly to be sure that all is working well--that services are being delivered and properly coordinated.

**Adult Day Programs:** IOA operates two social day programs in San Francisco, providing transportation to and from each center, lunch, an integrated program of structured daytime activities, intellectual stimulation, encouragement of self-expression, counseling, and socialization. These services are further specialized for those with memory loss, mental health issues, or chronic disease management.

**All Inclusive Care:** IOA offers a Program of All-Inclusive Care for the Elderly (PACE), providing comprehensive, coordinated medical and social services. This unique program serves seniors who need support and assistance to continue living in the communities they love. IOA manages two PACE centers (**Coronet Lifeways** and **Geary Lifeways**) in association with On Lok Lifeways. Services include: primary and specialty physician care; nursing; nutritional counseling; home delivered meals; occupational, speech, and physical therapies; transportation; medications; case management; and home care.



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**Home Care:** IOA home care enables clients with frailties to live safely and comfortably at home. Clients receive ongoing evaluation, coordination, and provision of care needs such as assistance with errands, cleaning, cooking, administering medications, escorting to the doctor, and managing money and personal affairs. Home care providers through IOA receive specialized training from the Alzheimer's Association.

**Money Management & Planning Ahead:** IOA works with older adults and their families to determine overall money management, health care and personal care needs in order to develop an individualized program of supportive services. IOA can assist with banking and bill paying, health insurance claims, organizing records for tax purposes, and safeguarding assets. When necessary, it can serve as Power of Attorney, Representation Payee for government benefits, agent for advance directives for health care, conservator, or executor of a will.

**Counseling & Healing:** The loss of a family member or friend, or the stress of coping with disappointments or ill health, can lead to feelings of grief, helplessness, anxiety, and depression. These psychological issues, which are not uncommon among older adults, can be greatly helped with professional assistance and appropriate care. IOA provides comprehensive mental health services for older adults, their family members and partners. Home visits are available.

**Art Programs:** IOA's award-winning Center for Elders and Youth in the Arts (CEYA) program encourages creativity and self-expression – from painting and poetry to songwriting and theatrical productions – with expert guidance from practicing professional artists.

**Education:** IOA's Education Department provides several professional trainings, seminars, and continuing education (CE Credits) opportunities each year. Our experts are also available by request to present to groups on a wide variety of topics related to aging.

**Friendship Line Telephone Support:** A 24-hour toll-free telephone helpline, *the Friendship Line*, provides reassuring support and help in getting to needed care for older adults who may be lonely, depressed, bereaved, or possibly suicidal. The phone line is open for calls at any hour, and additionally will schedule regular telephone contact or home visits by trained and supervised staff and volunteers when desired. **Friendship Line: 415.752.3778 / Toll Free: 800.971.0016**

**Elder Abuse Prevention:** IOA conducts training programs for professionals (e.g., physicians, social workers, lawyers, clergy, bankers, law enforcement) on recognizing, intervening, and preventing elder abuse, and offers counseling and organized support groups for victims of abuse.

**Research and Evaluation:** Research on care of the elderly has been a tradition of IOA since its inception. Research studies are conducted in collaboration with UCSF and other institutions. A major focus is on “health services research” – objectively assessing the outcomes of new community-based approaches to health and social services for seniors. The Research Department has published studies on adult day health services, Parkinson's disease, Alzheimer's, dementia, mental depression and HIV in older adults. The research findings guide improvements in care and help to formulate public policy related to aging.