

# SENIOR ADVOCACY

## 7. Seniors are empowered to age and engage in the neighborhoods of Mid-North.

Action Steps	Performance Measures	Collaborating Partners	Lead Partner	Year
7.1 Establish networks and centers of services that help keep seniors engaged with each other and their communities.				
7.1.1 Identify existing centers of senior activity.	Report identifying existing centers completed and delivered to Mid-North N-NORC Advisory Board.	CICOA, Martin Luther King Community Center, Senior 1000 Coalition	Mid-North Shepherd's Center	12
7.1.2 Explore and advocate for establishment of additional needed senior centers (either stand-alone or as extension of existing center). Develop mechanisms to support, promote and connect existing centers with each other and seniors.	Documentation of identified need and mechanisms that connect, promote and support existing centers sent to Mid-North N-NORC Advisory Board.	CICOA, Martin Luther King Community Center, Phillips Temple, Senior 1000 Coalition, Tabernacle Presbyterian Church, University of Indianapolis	Mid-North Shepherd's Center	12
7.1.3 Mobilize seniors to network with one another and coordinate communication through the establishment of a Mid-North Seniors Steering Committee. Engage neighborhood associations and establish cross-neighborhood linkages, coordinate involvement at the block level, and train callers to develop the network.	Six neighborhood associations sign MOU Lead Caller and callers in each of at least 3 blocks per neighborhood are identified and trained. A network of 10 seniors in each neighborhood is established.	AARP, Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Martin Luther King Community Center, Meridian Highland Neighborhood Association, University of Indianapolis, Watson-McCord Neighborhood Association	Mid-North Shepherd's Center	12 13 14 15 16
7.1.4 Create, publish, and widely distribute a master list of all services in all aspects of life available to seniors.	List of services completed, printed, published and distributed throughout Mid-North area.	CICOA, Indianapolis Metropolitan Police Department, Marion County Prosecutor's Office, Mid-North Shepherd's Center, Senior 1000 Coalition	Martin Luther King Community Center	12
7.1.5 Activate, strengthen and support intergenerational activities and networks through churches, community centers, historic places and museums, and other hubs including those at which seniors may volunteer.	At least four planned intergenerational activities in the Mid-North area each year after 2012.	Ivy Tech, Martin Luther King Community Center, Mid-North Shepherd's Center, OASIS, Purdue Extension, The Children's Museum of Indianapolis, University of Indianapolis	KI EcoCenter	12 13 14 15 16

Action steps for this result are continued on the next page.

Action Steps	Performance Measures	Collaborating Partners	Lead Partner	Year
<b>7.2 Provide a continuum of housing and housing services that allow seniors to age in place in the neighborhood.</b>				
7.2.1 Establish and promote network of service providers that can retrofit homes for seniors wanting to stay in their homes.	Networks established and services communicated to seniors through Mid-North N-NORC Advisory Board.	AccessAbility, CICOA, Citizens Action of Greater Indianapolis, IU Health, Near North Development Corporation	Mapleton-Fall Creek Development Corporation	13
7.2.2 Arrange with community development corporations, churches, youth service clubs, extension services, and similar organizations to connect well-trained young people with seniors who need assistance with regular home maintenance activities.	At least 40 youth performing a total of at least 120 hours of volunteer service each year.	Department of Code Enforcement, Indianapolis Metropolitan Police Department, Mapleton Fall Creek Development Corporation, Marion County Health Department, Mt. Zion Church, Near North Development Corporation, Phillips Temple	KI EcoCenter	12 13 14 15 16
7.2.3 Identify and market senior apartment buildings, communities, and assisted living facilities in the Mid-North area.	List published with addresses, contact info, names of Executive Director and other key personnel.	Briarwood Health and Rehabilitation Center, Near North Development Corporation	Mapleton-Fall Creek Development Corporation	12
7.2.4 Provide new housing and facilities according to assessed need, including in the 2900 block of Central Avenue.	Increase in new housing units for seniors.	Near North Development Corporation	Mapleton-Fall Creek Development Corporation	13 14
7.2.5 Make home-share arrangements safe and viable by enlisting community development corporations, churches, community centers, and similar organizations in creating a network of seniors needing someone with whom to share their home and those needing a place to live as a suitable companion.	Home-share arrangements program established.	Ivy Tech, Mid-North Church Council, Mid-North Shepherd's Center, Tabernacle Presbyterian Church	Martin Luther King Community Center	13
7.2.6 Ensure homeowners' repair programs include an emphasis on seniors aging in place	Investments in over 50 houses occupied by seniors will be documented in the next five years.	AccessAbility, CICOA	Mapleton-Fall Creek Development Corporation, Near North Development Corporation	12 13 14 15 16
<b>7.3 Create a N-NORC (Neighborhood- Naturally Occurring Retirement Community).</b>				
7.3.1 Create a comprehensive assessment of senior needs and resources, including an asset map.	Survey results showing needs, resources and asset map delivered to Mid-North N-NORC Advisory Board.	AARP, IU Health, KI EcoCenter, Martin Luther King Community Center	Mid-North Shepherd's Center	12
7.3.2 Establish a Mid-North N-NORC Advisory Board to develop a mission statement to guide the N-NORC process	Advisory Board established and mission statement completed.	AARP, AccessAbility, CICOA, Marion County Health Department, Mid-North Shepherd's Center, OASIS, Senior 1000 Coalition, University of Indianapolis	Martin Luther King Community Center	12
7.3.3 Establish a Mid-North N-NORC Steering Committee to guide and direct the Mid-North N-NORC plan.	Representation by the six neighborhoods and six social/city agencies with a memorandum of understanding signed by each representative.	AARP, AccessAbility, CICOA, Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Mid-North Church Council, Mid-North Shepherd's Center, OASIS, Watson-McCord Neighborhood Association	Martin Luther King Community Center	12
7.3.4 Develop a Mid-North N-NORC Plan that empowers seniors to age in place in their neighborhoods by addressing issues such as housing, community connections and events, health and wellness, safety and safety training, self-advocacy, and spiritual issues.	Creation of a comprehensive plan.	AARP, AccessAbility, Briarwood Health and Rehabilitation, CICOA, Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, IU Health, Mapleton-Fall Creek Development Corporation, Mapleton-Fall Creek Neighborhood Association, Marion County Health Department, Meridian Highland Neighborhood Association, Mid-North Shepherd's Center, Mobile Doctors, OASIS, Senior 1000 Coalition, University of Indianapolis, Watson-McCord Neighborhood Association	Martin Luther King Community Center	12

Action steps for this result are continued on the next page.

Action Steps	Performance Measures	Collaborating Partners	Lead Partner	Year
7.3.5 Implement the Mid-North N-NORC Plan to provide an opportunity for seniors to age in place in their neighborhood.	All Collaborating partners are actively engaged in implementation.	AARP, AccessAbility, Briarwood Health and Rehabilitation, CICOA, Crown Hill Neighborhood Association, Highland Manor Healthcare, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Indianapolis Retirement Home Inc., IU Health, Mapleton-Fall Creek Development Corporation, Mapleton-Fall Creek Neighborhood Association, Marion County Health Department, Meridian Highland Neighborhood Association, Mid-North Shepherd's Center, Mobile Doctors, Senior 1000 Coalition, University of Indianapolis, Watson-McCord Neighborhood Association	Martin Luther King Community Center	13 14 15 16
<b>7.4 Arrange networks of services that help ensure seniors' safety at home and in their community.</b>				
7.4.1 Assess the physical safety of seniors' living conditions and connect seniors with assistance to address identified safety concerns.	Safety audit program developed and at least 10 seniors each year participate. Increase in number of homes provided with carbon monoxide detectors, smoke/fire alarms, fire extinguishers and alarm systems as appropriate.	AccessAbility, CICOA, Citizens Energy Group, Department of Code Enforcement, Health and Hospital Corporation, Indiana Family and Social Services Administration Adult Protective Services, Indianapolis Fire Department, Indianapolis Metropolitan Police Department	Mapleton-Fall Creek Development Corporation	13 14 15 16
7.4.2 Utilize a calling tree as the core of a "buddy system" in which someone regularly checks on the well-being of all seniors.	At least 100 "buddy" teams of seniors are connected.	CICOA, Crown Hill Neighborhood Association, Highland Vicinity Neighborhood Association, Historic Meridian Park Neighborhood Association, Mapleton-Fall Creek Neighborhood Association, Meridian Highland Neighborhood Association, Watson-McCord Neighborhood Association	Mid-North Shepherd's Center	13 14 15 16
7.4.3 Provide quick and easy access to emergency and supportive services such as medical necklaces, wristbands and talking caller IDs with medical history and recordable voice announcement at low cost or free. Ensure that all Mid-North area seniors have access to assistive technology services.	Emergency and supportive devices and assistive technology services are available to seniors who need and request them at low or no cost.	AccessAbility, Health and Hospital Corporation, IU Health, Marion County Health Department, Mid-North Shepherd's Center	Martin Luther King Community Center	12

# SENIOR ADVOCACY

## 8. Seniors will enjoy a high quality of life by embracing a holistic approach to wellness that addresses their physical, intellectual, and spiritual needs.

Action Steps	Performance Measures	Collaborating Partners	Lead Partner	Year
8.1 Promote health by informing seniors about, and coordinating providers of: medical, insurance, prevention measures, health and alternative health options, fitness, and nutrition.				
8.1.1 Coordinate service provider spokespersons to present to senior groups on a regular basis. Promote all such presentations so that senior group participants and those in senior housing arrangements are informed about these presentations.	At least four presentations are made to senior groups each year.	AARP, CICOA, Health and Hospital Corporation, IU Health, Martin Luther King Community Center, OASIS, Raphael Health Center, University of Indianapolis	Mid-North Shepherd's Center	12 13 14 15 16
8.1.2 Establish and maintain informational displays on health and wellness, medical and insurance services, prevention measures, nutrition, fitness and related topics at locations frequented by seniors.	An informational display is set up and maintained at each senior living facility, senior center, and at least six churches.	Briarwood Health and Rehabilitation, IU Health, Marion County Health Department, Senior 1000 Coalition	Martin Luther King Community Center	12 13 14 15 16
8.1.3 Engage entities to inform and advocate with health providers to make aids to personal comfort known and available to seniors at low or no cost.	At least two presentations to senior health providers concerning these aids and at least two presentations to senior groups are made each year.	AARP, CICOA, IU Health, Marion County Health Department, Purdue Extension	Mid-North Shepherd's Center	12 13 14 15 16
8.2 Promote activities that strengthen the mental, intellectual, and spiritual health of seniors.				
8.2.1 Engage all places of worship in the Mid-North area to ensure that the spiritual needs of seniors are met through access to places of spiritual wellness.	Increase in the number of churches providing transportation to and from places of worship and spiritual wellness.	Mid-North Church Council, OASIS, Tabernacle Presbyterian Church	Mid-North Shepherd's Center	12 13
8.2.2 Advocate for peaceful and uplifting environments in all places frequented by seniors, including apartment buildings, assistive living arrangements, and senior centers.	Increase in the number of new peaceful and uplifting environments created.	Mid-North Church Council, Mid-North Shepherd's Center, University of Indianapolis	Martin Luther King Community Center	13
8.2.3 Arrange transportation for seniors to and from parks, art galleries and museums, historic and cultural sites, and other uplifting environments.	Increase in number of seniors using free and low cost transportation options to visit parks, art galleries and museums, historic and cultural sites, and other uplifting environments.	AccessAbility, CICOA, IndyConnect, IndyGo, Mid-North Shepherd's Center, University of Indianapolis	Martin Luther King Community Center	12 13
8.2.4 Coordinate existing extension programs, historic places and cultural sites, museums, and programs at community and senior centers to ensure that seniors have access to education, entertainment, personal growth, spiritual wellness, and volunteer opportunities.	Increase in number of seniors taking advantage of education, entertainment, personal growth, spiritual wellness, and volunteer opportunities.	Indianapolis Neighborhood Resource Center, IUPUI Community Learning Network, Ivy Tech, OASIS, Purdue Extension, The Children's Museum of Indianapolis	Martin Luther King Community Center	12 13 14 15 16