



Healthy Aging at The Oak Hall SRO

December 2015



Overview of Brooklyn Community Housing & Services

- Supportive housing agency founded in 1978
- Provides short term, transitional, and permanent housing for formerly homeless individuals: 415/day, more than 1,000/year
- Located in Fort Greene, Brooklyn



Oak Hall SRO Background

- Permanent housing for 74 formerly homeless adults, most with chronic mental illness
- Opened in 1991
- By 2006, 1/3 of population over age 55
- Many residents moved in during early 1990s, and had aged in place



Oak Hall Challenges: An Aging Population

- Older residents were experiencing:
 - Greater medical and physical health needs
 - Emotional difficulties adjusting to the aging process
 - Fearing mortality
 - Experiencing loss of peers, friends and family more frequently
 - Sense of regret about earlier life decisions
 - Significant denial about the circumstances of aging



“55 and Over Club”

- Needed to address issues facing our growing senior population
- What can we do, what can we afford?
 - Geriatric Case Manager
 - Nurse on-site
 - Clinical Consultant – increased hours
- Goal: create aging specific programming; create culture of healthy aging

Outcomes

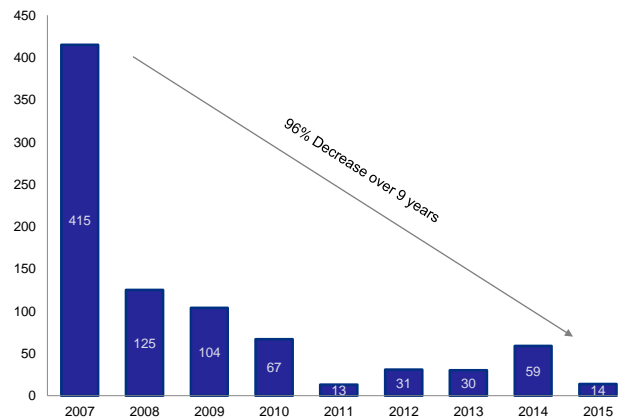
- Annual Savings of \$400,000 due to reduction in hospitalization
- 100% of older residents maintained their housing at Oak Hall or moved on to an appropriate level of care in FY'15
- 300% Increase in annual check-ups or health screenings
 - 20% of older residents saw a physician for an annual physical and/or received a basic health screening from a nurse in FY'07
 - 83% of older residents saw a physician for an annual physical and/or received a basic health screening from a nurse in FY'15
- 96% Reduction in in-patient hospital stays for medical issues
 - 415 days of in-patient hospitalization in FY'07
 - 14 days of in-patient hospitalization in FY'15

Table of Outcomes

Geriatric Program		
	Fiscal Year 2015	9 Year Totals
Geriatric Participants	22	46
Males	83%	72%
Females	17%	28%
Average Age	63	62
Incarceration History	60%	50%
Serious Mental Health Diagnosis	78%	78%
Inpatient Hospitalization	14 days	FY 2007: 415 days FY 2008: 125 days FY 2009: 104 days FY 2010: 67 days FY 2011: 13 days FY 2012: 31 days FY 2013: 30 days FY 2014: 59 days FY 2015: 14 days
Maintained Housing at Oak Hall or Graduated to Appropriate Housing	100%	97%

Reduction in Hospitalization

Inpatient Hospitalization Days



How The Program Works

- Geriatric Case Manager:
 - Caseload of 18-22; on-going training in and focus on wellness and aging; case management “by nudging”
- Weekly Wellness Groups:
 - Often peer led, topics include nutrition, exercise, coping with loss, reconciling familial relationships, aging and sobriety
- Weekly Game and Movie Night
- Wednesday is Nurse Day, no appointments necessary
- “Morning Action” – coffee and newspapers

Community and Culture

- Important to create sense of community
- Essential to foster a culture of healthy aging
 - Aging used to be acknowledged only when related to a problem
 - Instead, try and make people proud of growing older
 - Instill a mindset that healthy aging means wisdom gained, resilience, lessons learned and knowledge to share
 - Healthy aging also offers a sense of optimism – that by taking care, older adults may still have decades of fulfilling and happy years in their lives
 - Aging as a rich and robust phase of life



Costs / Reimbursement

- Nursing = \$24,000/year, one day per week
- Case management = \$35,000/year + fringe
- Clinical Consultant = \$7,500/year for increase in hours
- Funds come from a combination of New York City government contracts, rents, and private fundraising

Contact information

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