

## Vital Living - Info and Statistics

Promotes access to community-based services for older adults to Live Well at Home.

East Side Neighborhood Services' Vital Living program supports an intergenerational community that values everyone with a focus on supporting older adults' choice for remaining independent in their own home. We provide evidenced-based fall prevention and disease self-management classes, educational programming to support social, emotional, and mental health, volunteer opportunities to increase community involvement, and caregiver services for people caring for an older adult with dementia or other chronic health conditions.

### Objectives:

Vital Living creates access to community-based services that:

- Connect older adults to services and resources to preserve choice and independence
- Promote well-being of the whole person

- Support caregivers with counseling, respite, tools, and skills
- Lessen technology barriers and increase confidence using devices
- Increase social engagement and reduce social isolation

### Innovative Programs:

Using the skills, talents, and wisdom of older adults, Vital Living leverages the broad array of programs for older adults at East Side and serves as a connector to additional community-based services and supports for improved health outcomes and vital aging.

- **Treasuring Memories:** Sharing our life stories, wisdom, and honoring the stories of others by deep listening.
- **Community Gardening with accessible garden beds:** Gardening opportunities for people using an assistive device.
- **Statewide Reimagining Aging Book Club:** Online group of Minnesotans age 65+ discussing books that reframe aging as the opportunity to reach out to other generations, share wisdom, and learn new ways of living.
- **Care for Caregivers weekly learning and support sessions:** Caregivers find the tools and support to manage the challenges of caregiving.
- **Collaboration with local musicians during respite program:** Music memories often last the longest and community partners create space for respite participants to revisit those memories.
- **Senior Planet partnership with Vital Living** will bring high quality digital age learning to Hennepin County older adults starting in 2023.
- **LGBTQ+ caregiver support group,** and engagement activities for elders.

### 2022 Outcomes and Data:

417 older adults were served.

1592 direct services provided.

959 evidence-based fall prevention, disease, self-management and Vital Fitness sessions.

- 900+ Vital Living volunteer hours
- 80% of Vital Living volunteer hours are contributed by volunteers age 65+
- Vital Living Volunteers are age 6-85 years old
- 1000+ community members receive monthly e-newsletter with program updates
- 200 hours of out-of-home respite for caregivers
- 211 direct services provided to caregivers and people experiencing dementia
- 200+ hours of Story Sharing



**Fact: Falls are not a normal part of aging—they can be prevented.**

Older adults can learn to reduce the risk of falling and prevent devastating injuries.

**Fact: Though dementia can result from Alzheimer's disease or from a stroke, it is not an inevitable consequence of aging.**

It's normal to forget things occasionally as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home.



Vital Living is supported, in part, by a Live Well at Home grant from the MN Department of Human Services and other funding sources. Caregiving services are funded, in part, under contract with Trellis as part of the Older Americans Act.