

Thriving in Place

What is it?

Thriving in Place is the ability to continue to live and age in one's own home and community safely, independently, and comfortably.

The Cost of Falling

2015 Total Cost: \$50 billion
2015 Medicare and Medicaid cost:
\$37.5 billion

Data from CDC, 2017



Californians age 65+ will increase to more than 9 million by 2030 - that's 20 times the growth rate of those younger than 65!



Californians age 85+ will increase to 1.2 million by 2030, a 56% increase

Data from SCAN Foundation

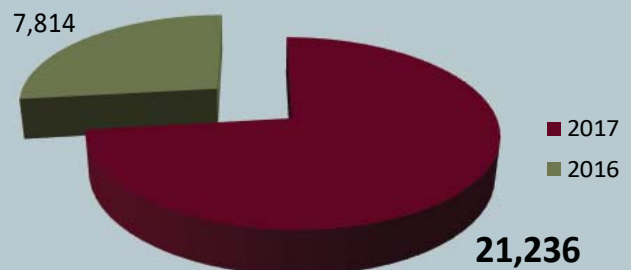
Assisted Living Costs

2017 Costs:
\$3,750 per month
\$45,000 per year

Data from SCAN Foundation

11.4% of those in Assisted Living do not need to be in Assisted Living.
Data from California Department of Health Services

Thriving in Place Classes Unduplicated Residents



LifeSTEPS Focus Areas

- Healthy Lifestyles
- Fall Prevention
- Living on a Fixed Income
- Chronic Disease Management Education
- Health Care Access

LifeSTEPS facilitates group and individual educational classes for 36,000 people. Each learning session begins with an educational activity, and concludes with discussion questions that prompts our senior clients to debrief on how they will use the information in practical ways to make small and measurable changes to empower them to Thrive in Place.



Thriving in Place Curriculum Focus Points

Healthy Lifestyles

- Nutrition
- Exercise
- Stress Reduction
- Volunteerism
- Disaster Preparedness

Living on a Fixed Income

- Budgeting
- Health Care Costs
- Fraud Prevention
- “Stretch Your Dollar” series on reducing expenses

Chronic Disease Management

- Alzheimer’s/Dementia
- Arthritis
- COPD
- Chronic Kidney Disease
- Depression
- Diabetes
- Heart Disease
- High Blood Sugar

Health Care Access

- Talking to Your Doctor
- Choosing the Right Medicare Plan for You
- In Home Supports

Fall Prevention

LifeSTEPS’ Directors of Social Services provide professional service coordination – working individually and confidentially with clients to create a care plan connecting them to governmental, community and health care services.

If you would like more information about LifeSTEPS’ Thriving in Place curriculum, please do not hesitate to contact Meredith Chillemi at meredith@LifeSTEPSusa.org

