



IPRO 360

Aging in Place





Mission



Aging in Place

Aging in place is the ability to live in one's home - wherever that might be - for as long as confidently and comfortably possible.

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Mission

To improve the lives of senior citizens
through independent living

This IPRO seeks to identify strategic and meaningful problem spaces that can guide Chamberlain and future IPRO groups toward providing solutions to help senior citizens age in place.

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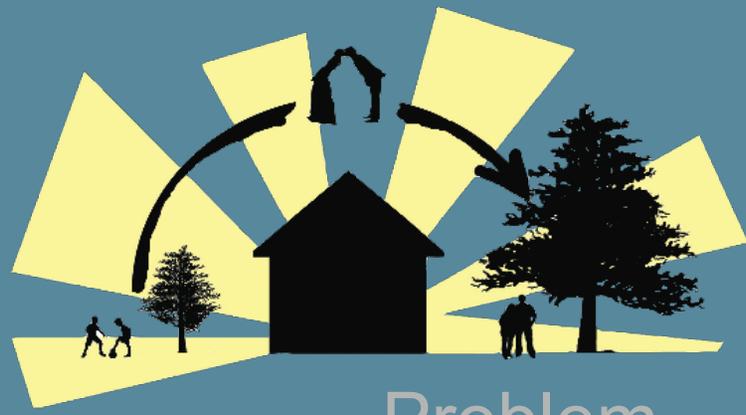
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Problem



Problem

Currently about 39 million people in the United States are over the age of 65.

The number of baby boomers is twice that.

If the baby boomers were a city ...

It would have 29 times the population of Chicago



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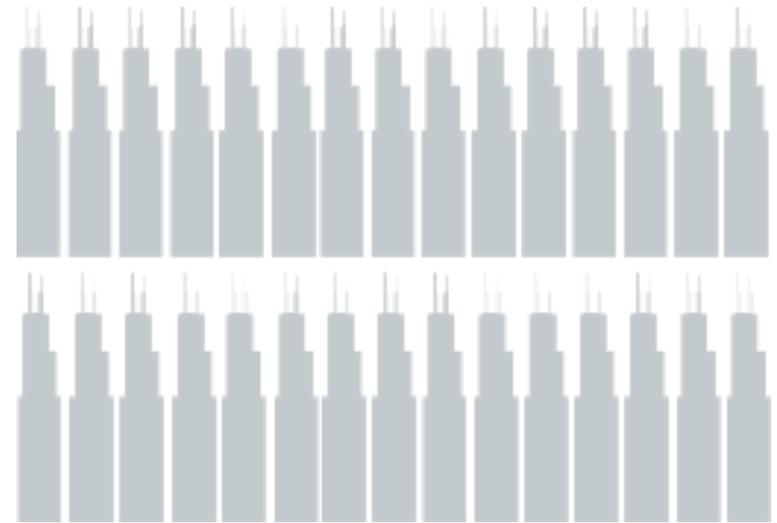
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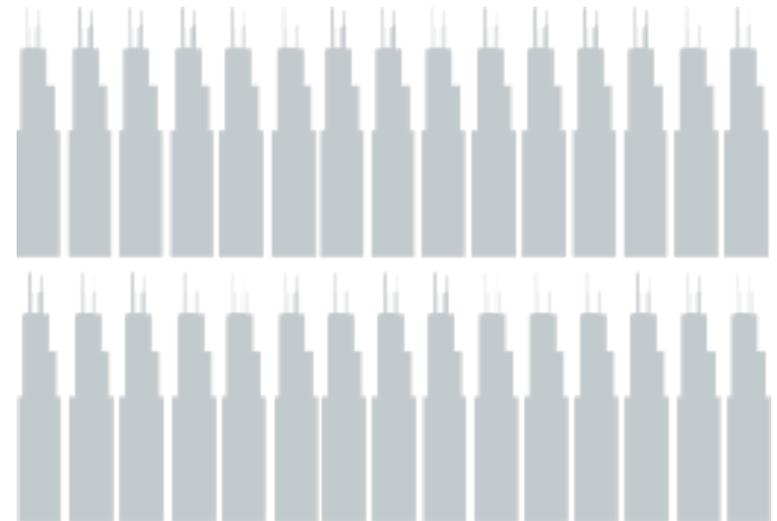
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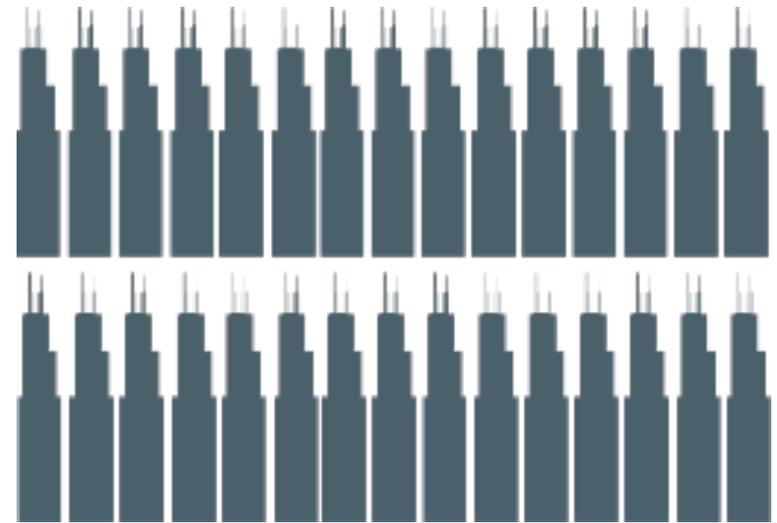
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Goals



Goals

- Understand
- Identify
- Learn
- Frame

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Gather Understanding

- Understand
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To authentically represent the struggles of senior citizens, the whole team needed to have empathy and understanding.

Many types of research would be involved, and every team member needed to have that experience.

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Identifying Obstacles

- Understand Many challenges faced by senior citizens are well known and well documented.
- Identify
- Learn IPRO 360 needed to expose overlooked issues and inspect more common ones.
- Frame

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Learn From Two Age Groups

- Understand The research needed to include current senior citizens as well as baby boomers.
- Identify
- Learn The goal being, to find similar and differentiating features of these two groups.
- Frame



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Frame Problem Spaces

Chamberlain specifically wanted IPRO 360 to develop a problem statement.

- Understand
- Identify
- Learn
- Frame

The size and scope of the aging issue made identifying a single overall problem impossible.



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Team



Team

- Most team members continued with this project from IPRO 2.0.
- Project plans from Fall gave the team momentum through the planning process.
- Group familiarity eased the forming and norming.
- Issues in the group were due to sickness, family emergencies, and fluctuating schedules.

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Team

- Team structure was flat to ensure flexibility.
- The problem was vague and the course of the semester was open to change.
- Every member needed to experience the various forms of research.
- Members naturally emerged as point people for specific areas of research of tasks.

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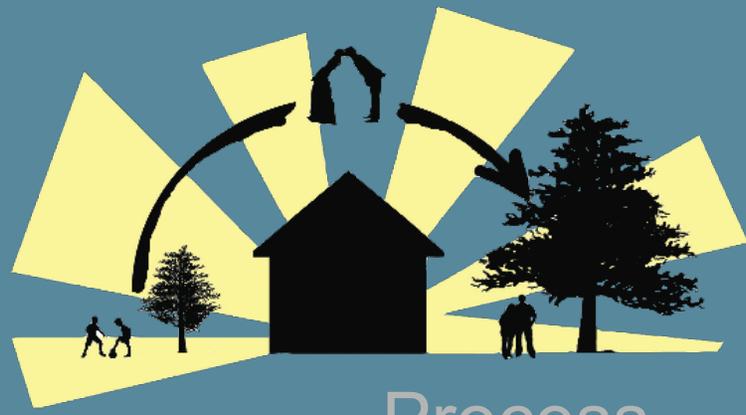
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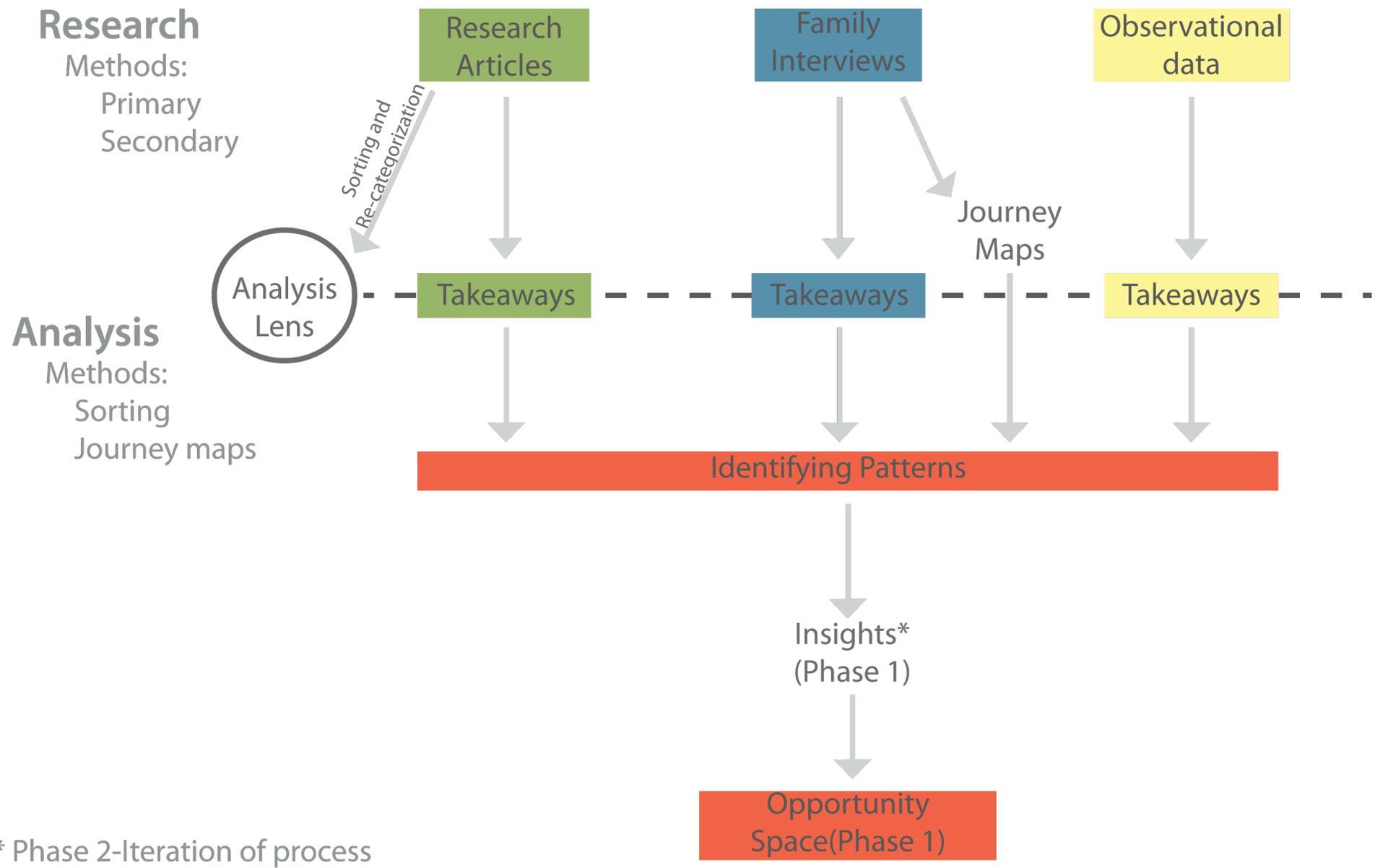
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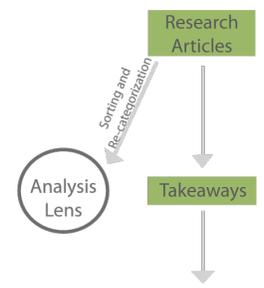
Process



* Phase 2-Iteration of process
IPRO 360 fall Semester



Secondary Research



- Created secondary research database
 - 50 peer-reviewed articles
- Summaries and takeaways written to simplify essential content
- Identified topical categories for sorting articles
 - Mental
 - Physical
 - Methods

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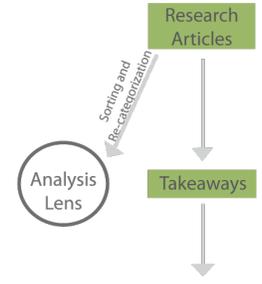
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Secondary Research



Secondary Research

Physical

Medical

Primarily dealing with chronic medical conditions

Function and Mobility

Effecting activities of daily living



Mental

Medical

Primarily dealing with psychological and mental disorders

Stigma

Primarily dealing with societal and cultural views

Social

Social activity, ability to network



Mindset

Attitudes and self perception



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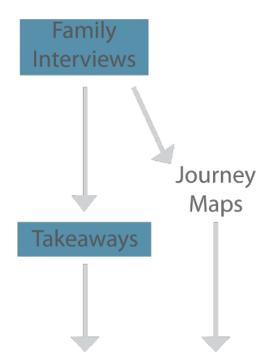
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Family Interviews

Twelve family interviews were completed.



Parents, grandparents, and others were asked about the following as they applied
Roles

- Caretaker
- Friend of relative of a senior citizen
- Currently senior citizen

Areas of Inquiry

- Overall health
 - Diet
 - Exercise
 - Conditions
- Social patterns
- Financial situation

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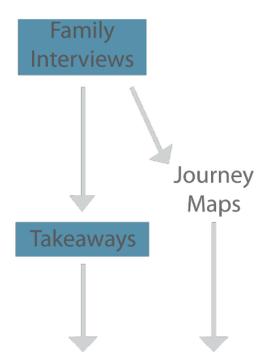
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Family Interviews



Stage 01:
 After her sons were grown up and married they moved back in with Great Grandma H and her husband. Shortly after this her husbands parents moved into their home as well. During this time Great Grandma H was responsible for raising her children and helping care for her in-laws and grand children. Since she married young she spent the majority of life living in a large family environment

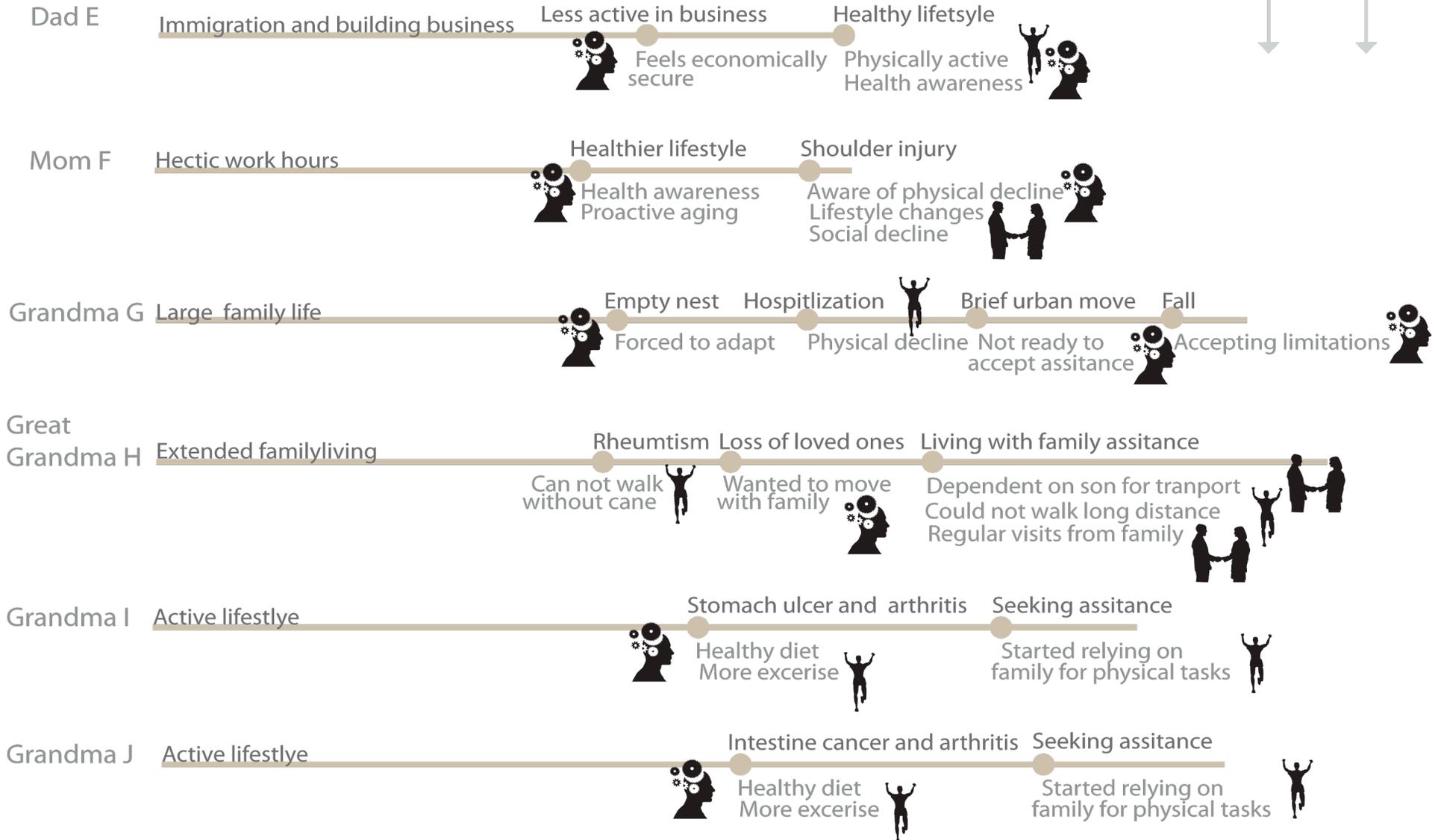
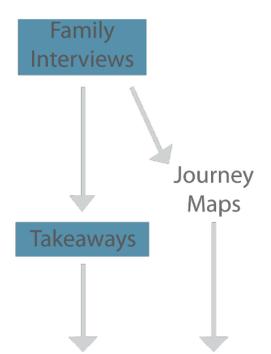
Stage 02:
 At age 35 Great Grandma H developed rheumatism and was immobilized. She did not receive any sort of physical rehabilitation and consequently she can no longer bend her right knee and ankle, and has to use a cane.

Stage 03:
 A few years after her physical problems began Great Grandma H lost her husband, and a few year later her son. After her husband's death she lived with her eldest son and his wife. However as her grandchildren grew older she moved in with her eldest grandson.

Stage 04:
 While living with her grandson she had a space that contained her own kitchenette, television, and dining area. Despite having her own individual space she would often spend time with the rest of the family. She depended on her grandson for transportation, so from time to time other members of the family and friends would visit her. Because of her physical condition she was not able to walk long distances.



Family Interviews





Observational Data

Observational data

Takeaways

55+ Club

55 ----- 99



- 23% of expected attendees came to the new group created by Nativity of Our Lord in Bridgeport.
- The group is led by a baby boomer whose mother is in her 80s.
 - Inform & Empower
- Members want to get out of the house and socialize.

Pioneer Gardens

65 ----- 90s



- Restrictions:
 - 24 hour care
 - mental disorders
- Facility encourages social interactions and provides tenants with passive human presence

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Identifying Patterns

With each form of research, data was collected, summarized, and key takeaways were written.

Takeaways were categorized with the sorting system.



This method of refining and categorizing highlighted trends that when analyzed revealed new insights.

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Insights



Insights

Independence



Baby boomers view independence as being in control of their own situations and wish to retain that control.

- Numerous studies site the known independent nature of the baby boomer generation as the reasoning for their research.
- Family members expressed strong desires to avoid nursing facilities.
- Family members and other senior citizens expressed strong desires to not be a burden on family and friends.

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Stigma



Any solutions that address the issues related to aging must also avert the stigma associated with needing assistive services or products.

- The difficult truth is that assistance can significantly improve the quality of life of a person, but these are often rejected because they represent a loss of control.
- Identifying ways to incorporate new forms of control with assistance can ensure aging individuals are helped.

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Insights

Community-Based Living

 Living situations close to resources and people with similar needs extends independence by managing costs and tasks while creating social networks.

- Cost benefits
 - Vehicles can be shared across many senior citizens living near each other.
 - Groceries can be bought and shared in bulk.
 - Home upkeep costs can be limited by using a single service provider for several homes.
- Social Benefits
 - Sharing resources enables more regular and necessary interaction with people.
 - When in need, people will have a community to turn to for support.

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Insights

Lifestyle Changes



Baby boomers acknowledge the importance of lifestyle changes to prevent their loss of independence.

- Several family members of the class demonstrate this
 - Rebecca's mother has begun Tae Kwon Do classes and lost over 25 lbs.
 - Many others actively try to eat more vegetables while reducing fat and sodium intake.

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Insights

Proactivity and Education

 Proactive planning and education with respect to services and products will extend an individual's independence.

- Planning for college, graduation, work, family, retirement are good ways to ensure success in the coming life stage; planning for aging is equally valuable.
- Learning about and acknowledging vulnerabilities and resources available will prevent someone from being stranded in the case of an emergency.

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Problem Spaces



Stigma

There exists a stigma associated with aging that divides "old" from "young". This in turn communicates a perceived loss of value and control in life.

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Lifestyle Changes

Many lifestyle changes lead to loss of independence due to sudden dramatic changes.

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Community-Based Living

Living alone increases risks and challenges associated with aging.

As people age, their social connections tend to break down.

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Proactivity and Education

People tend to not plan sufficiently or early enough for the aging process.

Solutions are retroactive rather than proactive.

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Overarching Problems

The independence and quality of life of senior citizens must always hold the top priority for any solution.

Addressing the stigma associated with aging crosses all problems related to helping people age in place.

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Next Steps

This semester's team has narrowed the focus of this IPRO to 8 problem spaces.

Primary and secondary research areas have extensive information to support or challenge defined problem spaces.

Future IPROs have the opportunity to continue research and further explore the problem.

Opportunities include leveraging the easily accessible baby boomer population within IIT and maintaining relationships with Pioneer Gardens and the 55+ Club.

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Questions