

Consumer Directed Personal Care in Home-Based Long-Term Care: Trends in Use and Client Characteristics

The project will provide foundational knowledge about consumer-directed care among a highly diverse sample of older adults and inform efforts to provide home-based long-term care to people regardless of care needs, cognitive status, living arrangement, or caregiving supports.

Sponsor: National Institutes of Health Pepper Center
Date: 07/01/23-06/30/24
P.I.: Russell, David, PhD

Helping NYC LGBTQ+ Older Adults Age in Place

A series of focus groups will be conducted in NYC's five boroughs with LGBTQ+ older adults to learn about their lived experiences of aging to help build equity and support for older LGBTQ+ older adults.

Sponsor: VNS Health (Intramural)
Date: 07/01/23-12/31/23
P.I.: Oberlink, Mia, MA

VNSNY Veterans Outreach Project

The Research Center's role in this project is to provide data collection support and conduct an evaluation of the Veteran Liaison Program, which strives to expand healthcare access to veterans and their families; assist veterans in accessing benefits and community resources to ensure they are receiving the care and services to which they are entitled; help bridge the transition into the community from in-patient facility settings; and provide educational sessions for nurses, social workers, and home health aides to sensitize them to the special needs of veteran patients.

Sponsor: Mother Cabrini Health Foundation
Date: 01/01/20-12/31/22
P.I.: Soberman, Rhonda, MSSW & Oberlink, Mia, MPH

Gender Affirmation, Quality of Life, and Access to Care: A Mixed-Method Longitudinal Investigation

Gender minorities experience disparities in physical and mental health. Gender-affirming healthcare has the potential to mitigate these disparities, yet this population faces multiple barriers to accessing competent care. This mixed-method, longitudinal cohort study examines changes in psychosocial adjustment and health-related quality of life after gender-affirming surgery, informing the development of future home- and community-based healthcare interventions to promote their health and wellbeing.

Sponsor: National Institute of Nursing Research
Date: 07/01/2021-04/30/2026
P.I.: Ryvicker, Miriam, PhD


Projects on improving the quality, cost-effectiveness, and outcomes of home care services
Young Men's and Young Women's Hebrew Association

The purpose of this project is to expand healthcare access to veterans and their families; assist veterans in accessing benefits and community resources to ensure they are receiving the care and services to which they are entitled; help bridge the transition into the community from in-patient facility settings; and provide educational sessions for nurses, social workers, and home health aides to sensitize them to the special needs of veteran patients.

Sponsor: Mother Cabrini Health Foundation
 Dates: 01/01/2020 – 04/30/2021
 P.I.: Oberlink, Mia, MA

Developing a Research-Based Road Map for the Provision of Effective Services that Enhance Senior Housing: JASA Evelyn & Louis Green Housing @ Cooper Square.

This project has two related goals: 1) To research and identify best practices in providing effective services to older adults in senior housing that enhance their lives and enable them to age in place; and 2) To evaluate nursing and other services provided to the mostly Cantonese-speaking residents of JASA's Cooper Square housing site and report on how well the services engage residents as active participants in their own health self-management.

Sponsor: JASA
 Dates: 06/17/2019 – 06/30/2020
 P.I.: Oberlink, Mia, MA

East Harlem Falls Intervention Project

This project involves providing technical assistance to staff at the Carter Burden Center on Aging as they develop and implement a comprehensive falls prevention initiative for older adults who attend the Covello Senior Center and the Lehman Village Senior Center in East Harlem.

Sponsor: The Fan Fox and Leslie R. Samuels Foundation
 Dates: 09/06/2016 – 02/05/2018
 P.I.: Oberlink, Mia, MA

Health Indicators Project

The purpose of the Health Indicators project is to provide technical assistance to three NORC programs in Queens as they collect data from their clients, input the data into a database developed by the NYC Dept. for the Aging, interpret the data, and use the information to develop programs for their clients.

Sponsor: UJA Federation
 Dates: 01/01/2015 – 06/30/2016
 P.I.: Oberlink, Mia, MA


Projects on improving the quality, cost-effectiveness, and outcomes of home care services
Rockaway Wellness Partnership

This project involves “wellness coaches” (nurses & social workers) & “community wellness workers” (think: “navigators”) in helping connect at-risk Rockaway residents to health care and providing support to participants who are trying to make lifestyle changes for better health.

Sponsor: New York State Sandy Social Services Block Grant
 Dates: 01/01/2014 – 03/31/2016
 P.I.: Oberlink, Mia, MA

Technical Assistance Provider and Evaluator for the Community Innovations in Aging in Place (CIAIP) Grantees

Community Innovations for Aging in Place. The Center for Home Care Policy & Research was selected by AoA to be the technical assistance provider for this national 3-year program, which awarded grants to 14 communities to implement innovative strategies to help older people “age in place.” As the technical assistance grantee (TAG), CHCPR and its consultants are providing group and individual support to the grantees as they implement their initiatives, such as help with evaluation plans, communications strategies, partnership development, and other topics of interest to the grantees. The TAG organized a National Advisory Committee consisting of experts from a variety of different fields, who are lending their expertise to the grantees as well as the TAG. In the second year of the program, the TAG convened a meeting of grantees in Washington, D.C. to share information about their initiatives and lessons learned. The TAG developed a public and password protected website to share information about the CIAIP program with the public and to serve as a forum for the grantees to share best practices, access resources, and keep abreast of their fellow grantees’ accomplishments. Information about the grantees and the TAG can be found on <http://www.ciaip.org>.

Sponsor: Administration on Aging (AOA)
 Dates: 09/30/2009 – 08/31/2013
 P.I.: Oberlink, Mia, MA

Time Bank Research Project

The purpose of this project was to: 1) measure the extent of older members’ involvement in the VNSNY Community Connects Time Bank, the types of services provided and used most often, and changes in perceived mental health status, social contacts, access to services, and financial savings pre and post involvement in the Time Bank; and 2) provide findings to the VNSNY Time Bank team to market the Time Bank and inform future expansion of the Time Bank to other neighborhoods

Sponsor: Fan Fox & Leslie R. Samuels Foundation
 Dates: 12/01/2008 – 11/30/2009
 P.I.: Oberlink, Mia, MA

Naturally Occurring Retirement Community Supportive Services Program (NORC-SSP): Full Implementation of the Health Status Indicators in 54 New York City-Funded and New York State-funded NORCs (Part III)

In Part III of the project, the Center for Home Care Policy and Research is building a database and

Projects on improving the quality, cost-effectiveness, and outcomes of home care services

system for administering the aforementioned survey questionnaire in all 54 NORC programs in New York State. In this multi-year project, the NORC programs will collect health information from all clients they serve and enter the data into the database. The Center will analyze the data and provide the findings to the NORC-SSPs in a user-friendly format. Health risks will be identified and prioritized and then evidence-based interventions will be selected and implemented to diminish these risks. Towards the end of the project, the indicators survey will be re-administered to measure any changes from the baseline findings.

Sponsor: United Hospital Fund
 Dates: 07/01/2007 – 12/31/2011
 P.I.: Oberlink, Mia, MA

**Naturally Occurring Retirement Community Supportive Services Program (NORC-SSP):
 Blueprint and Development of Health Status Indicators (Part I)**
**Naturally Occurring Retirement Community Supportive Services Program (NORC-SSP): Health
 Status Indicators Project (Part II)**

In the NORC-SSP Blueprint project the Center for Home Care Policy and Research developed a chapter on “Understanding the Community” for United Hospital Fund’s (UHF) NORC Blueprint, which was published on the worldwide web in 2007. This “Blueprint” is a guide to help communities throughout the country identify naturally occurring retirement communities and develop supportive services programs for residents 60 and older. Related to the Blueprint project, the Center collaborated with the Aging in Place Initiative of UHF to develop a set of indicators that can be used by NORC-SSPs to identify health risks among seniors 60 and older who live in the community. In Part II of this project, we developed a survey questionnaire to administer to people aged 60 and older being served by NORC-SSPs in the New York City area to identify health risks. In this part of the project, the questionnaire was tested in several NYC NORCs to determine whether it collected the desired information and whether it could be easily administered by NORC-SSP personnel.

Sponsor: United Hospital Fund
 Dates: 10/01/2006 - 06/30/2007
 P.I.: Oberlink, Mia, M.A.

Community Partnerships for Older Adults: Technical Assistance Project

In this project, the Center for Home Care Policy and Research served as a technical consultant to the Robert Wood Johnson Foundation’s Community Partnerships for Older Adults National Program Office (NPO) at the University of Southern Maine. This included assisting the NPO in developing: 1) a strategic plan for the remaining years of the program; 2) a communications plan; and 3) strategies to disseminate the work of the NPO and individual grantees to national audiences.

Sponsor: Robert Wood Johnson Foundation
 Dates: 04/01/2006 – 01/31/2010
 VNS Health P.I.: Oberlink, Mia, MA
 P.I.: Community Partnerships for Older Adults, University of Southern Maine

Policy Barriers to Creating a Livable Community

Projects on improving the quality, cost-effectiveness, and outcomes of home care services

Building on years of experience in developing measures of livable communities and working with diverse communities to plan and implement positive change, the Center for Home Care Policy and Research was commissioned to research and report on major policy barriers to creating livable communities and successful methods jurisdictions have used to overcome them. The final report was published in 2008 by AARP.

Sponsor: AARP - American Association of Retired Persons
 Dates: 12/01/2005 - 07/01/2006
 P.I.: Oberlink, Mia, MA

Livable Communities for All Ages: Identifying Leading Models and Best Practices

Building on five years of experience in developing measures of livable communities and working with diverse communities to plan and implement positive change, the Center for Home Care Policy and Research worked with the Administration on Aging to identify leading models of “livable communities for all ages” and to disseminate information designed to help communities replicate promising models and practices. Specifically, with input from the AoA, the Center worked with two principal partners—the American Planning Association and the International City/County Management Association—and others to: 1) implement a competitive process to identify the top eight models of “livable communities for all ages;” 2) develop a written manual with descriptions of the models, related technical assistance materials, and an action plan that AoA can use as a framework for discussion at the 2005 White House Conference on Aging; and 3) recommend a dissemination strategy to make these materials widely available to “change agents” in communities around the country. The ultimate purpose of this initiative was to raise awareness and motivate action among stakeholders to improve the livability of their communities for people of all ages and abilities.

Sponsor: Administration on Aging (AoA)
 Dates: 09/29/2004 - 12/31/2005
 P.I.: Oberlink, Mia, MA

Livable Communities for Adults with Disabilities—Part II

The Center for Home Care Policy and Research collaborated with the National Cooperative Bank Development Corporation to conduct research and create a report that: 1) identifies policy levers or strategies to build and sustain key elements of livable communities, including affordable housing, accessible transportation, consumer responsive health care, and individual choices and integration for the benefit of people with disabilities; 2) identifies model programs that exemplify successful multiple federal agency coordination and collaboration to support the development of livable communities; 3) and identifies state or local programs that either build on or are supported by this federal coordination and collaboration. A summary of common challenges and facilitators as well as recommendations to promote collaboration and livable communities was included.

Sponsor: National Council on Disability
 Dates: 09/01/2004 - 08/30/2005
 P.I.: Oberlink, Mia, MA

National Council on Disability Livable Communities—Part 1

The purpose of this project was to identify: 1) the *key elements* of communities that promote the health,

Projects on improving the quality, cost-effectiveness, and outcomes of home care services

well being and independence of adults with disabilities, or those at risk of developing disabilities, across the age spectrum; 2) *communities* that have incorporated one or more of these elements into their physical, social and service systems and the *strategies/interventions* they have employed to do so; 3) the major *challenges and barriers* that communities face in moving toward greater livability for persons with disabilities, as well as factors that *facilitate* positive change, and 4) promising *policy levers and policy changes* that if adopted would facilitate communities' capacity to enhance their livability for their disabled residents. The Center conducted research in this area and produced a final report containing a status update on livable community initiatives as well as strategies, policies, and recommendations for long-term government planning and funding.

Sponsor: National Council on Disability
 Dates: 09/25/2003 - 08/30/2004
 P.I.: Feldman, Penny H., PhD
 Co-P.I.: Oberlink, Mia, MA

AdvantAge Strategic Plan

With the help of consultants, the AdvantAge Initiative project team of the Center for Home Care Policy and Research undertook a strategic planning process to transform the AdvantAge Initiative into a national program capable of helping many more communities across the country prepare for a rapidly aging population. The strategic planning process involved: 1) conducting an environmental scan, or in-depth analysis of the needs and opportunities present in the current external environment in which the expanded project would be launched; and 2) drafting a plan to lay out the vision for the new, expanded AdvantAge Initiative that details the resources, skills, and relationships that the Initiative currently has and those that it must develop to grow successfully.

Sponsor: Atlantic Philanthropies, Inc.
 Dates: 05/01/2002 - 12/31/2002
 P.I.: Feldman, Penny H., PhD
 Co-P.I.: Oberlink, Mia, MA

Best Practices--Models of Community Success in Supporting the Health, Well-Being, and Independence of Older People

The Best Practices project inventoried and profiled a set of successful strategies and models that communities can use to support the health and well-being of older residents. Funded by the Robert Wood Johnson Foundation, the project focused on multidimensional efforts aimed at transforming communities to make them better places for older people to live. Rather than being an academic exercise, the project sought to provide local community leaders and stakeholders with strategies and tools for change.

Sponsor: Robert Wood Johnson Foundation
 Dates: 02/01/2000 - 01/31/2001
 P.I.: Feldman, Penny H., PhD
 Co-P.I.: Oberlink, Mia, MA

Promoting Elders' Health & Well-Being: Benchmarks for Supportive Communities

AdvantAge Initiative

Projects on improving the quality, cost-effectiveness, and outcomes of home care services

The original goal of this project was to develop a set of benchmarks or indicators that will allow communities to rate themselves (or be rated) on how well prepared they are to promote successful aging among healthy older people living in their communities, sustain independence among those at increased risk of disease or disability, and care for the frail, the sick, and the disabled. In the first few years of the project, a framework for understanding the components of "elder-friendly" communities, a set of 33 indicators, and a survey instrument to solicit information from older people about their experiences in and impressions of their communities were developed and tested in 10 pilot communities. Since then, the AdvantAge Initiative has conducted a national survey and worked with more than 30 communities to help them measure their elder-friendliness using the AdvantAge Initiative framework and tools, build public awareness about aging issues, and plan action steps to make their communities more livable for older people and their families. In 2010 the AdvantAge Initiative embarked on a new phase to convert its exclusive survey into an online tool that will make it possible for many more communities to avail themselves of our tools and methods.