

Kansas Long-Term Care Ombudsmen




Office of Public Advocates
*Office of the State
Long-Term Care Ombudsman*

Age in YOUR Place

Project ECHO
Sunflower Health
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Camille Russell State Long Term Care Ombudsman

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- Kansas Long-Term Care Ombudsman program is resident directed; thus is a ~~historical model~~ for person-centered practices.

Ombudsman support residents in their right to make their own choices and have control over their daily lives.



SIMPLE One Page Description

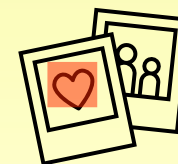
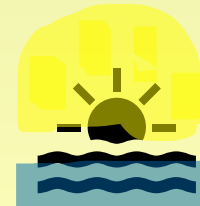
Camille “Camie”

Authentic, Tenacious, Fun Loving



Important to me:

- Integrity-to do what I say I will do and that others do what they promise
- Individuality is respected
- *To be free to be creative, experience new things, to be among trees, beside bodies of water, and breath fresh air. I am solar powered and need sunshine.*
- *To spend time with people I LOVE and who love me.*



How to support me best :

- Keep me informed
- Listen to me (if I decide to share)
- Have a “can do” attitude
- Answer my questions
- Let me decide for “ME”
- Don’t tell me I “Can’t”

Learn more about One Page Descriptions:

<http://helensandersonassociates.co.uk/>

Aging in Place is the ability to live independently, comfortably and safely in one's own home or community as you age. It allows seniors to have control over their living arrangements and maintain their quality of life, while also having support from family, friends or the community.



“The majority of adults age 50–80 (88%) felt it is important to remain in their homes for as long as possible”

*2022 Older Adults' Preparedness to Age in Place
from the University of Michigan Institute for
Healthcare Policy and Innovation*

*A few benefits of aging in **YOUR** place.*

- Cost savings
- Autonomy and control
- Maintaining independence
- Choice regarding daily routines, activities and decisions. LIVE YOUR WAY
- Maintaining a sense of identity and purpose.
- Familiar environment -Relationships
- Comfort of one's own home and community.

*But **HOME** is not an address..
is a feeling.*

Aging in YOUR Place....

Dignity in Risk

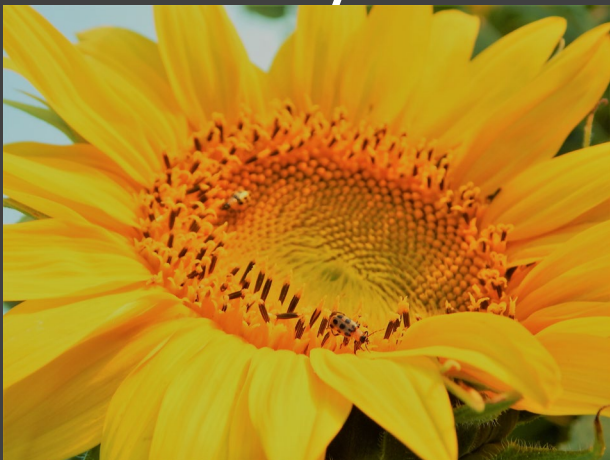
Comfort
Contentment
Safe
Respected

Person Centered Thinking

Important To/
Important For

<https://tlcpcp.com/>

<https://www.sdaus.com>



Core Skill

Important to:

- people to be with
- things to do
- places to go
- rituals/routines
- rhythm and pace of life
- status and control
- things to have
- Identity and Culture
- Purpose and Meaning

Important for:

- health – prevention and treatment of illness and promotion of wellness
- safety – safe environment and being free from fear
- being a valued member of the community

Much to consider...

the best time to plan is before you need it!

- What do I like to do, **what gives me joy**?
- What funds or support do I need to do those things?
- What is important to me about my routine that needs supported?
 - What would need to change around my home, other places, if my mobility changes?
- What are my risks for falling or other hazards?
- What decision making supports are in place or needed to protect my rights as I age? DPOA, SDM etc?
- Do I have legal documentation of my end-of-life wishes?
- Who else understands my medical needs and is available if I need help communicating my needs and preferences to others?
- What support do I need to prepare and eat meals and snacks ?
- **What** causes, issues, things **am I passionate about**?
- Am I interested in volunteering or working in my community?
- Do I exercise my right to vote? If so, do I need assistance?
- Who do I have a **relationships with, friends and family and others who cares about me** and can help me with the things I need and want to do?
- How can I use technology to increase my independence and social interaction?
- Are there important traditions I want to continue to celebrate?

More information to help thinking it through:

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-stages/>

Choice and Control is essential to Quality of Life

Empower people with information

Creatively find paths to provide the actual support people need and request.



There is NO PLACE LIKE HOME
Want to age in YOUR place?

There
is no
can't..



... say HOW CAN WE!

To the Stars
Through
Difficulty



The difficult we do today...
The impossible
takes a little longer!

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