

# Aging Successfully in PLACE

EDUCATION, RESOURCES, AND TOOLS FOR  
FAMILIES AND THE AGING POPULATION



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Est 2011



# AGENDA

- Education on Home Care Services
- Combating Isolation with Nutrition & Companionship
- Understanding Cost Comparison
- Questions to Answer to Age Well

86% of seniors  
want to live at  
home for as  
long as possible



# Care Services for Aging Adults

- Personal Care Services
- Companionship
- Meal Preparation and Home Helper
- Transportation
- Support for Chronic Conditions

# Reasons to Age in Place with Senior Care



# Differences of Caregiver



Private  
Caregiver



Agency

## Home Health

- Provided by licensed medical professionals
- Physical, Occupational, and Speech Therapists, Registered Nurses
- Focused on needs of a senior
- Requires a doctor's order
- Typically short in duration and covered by Medicare

## Hospice

- Provided by licensed medical professionals
- Doctors, pharmacists, nurses, social workers, hospice chaplains, and other health professionals
- Focused on improving the quality of life in the last stages.
- Requires a doctor's order
- Covered by Medicare

## Home Care

- **Provided by professional Care Professionals**
- **Personal care, homemaker, transportation, and companionship**
- **Focused on non-medical needs of a senior**
- **Does NOT require a doctor's order**
- **Can continue as long as needed**

Bokker Inc. dba Home Instead

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc, an Honor Company.



# GENWORTH COST OF CARE STUDY

# Genworth Cost of Care Survey

7 out of 10 people will  
require long term care in  
their lifetime.



Aging & You

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Missouri



Compare Location

SELECT COST BY PERIOD ⓘ

HOURLY

DAILY

MONTHLY

ANNUAL

CALCULATE FUTURE COST



Reset



## Monthly Median Costs: Missouri - State<sup>1</sup> (2023)

### In-Home Care ⓘ

Home Maker Services <sup>1</sup>	\$3,466
Home Health Aide <sup>1</sup>	\$4,334

### Community and Assisted Living ⓘ

Adult Day Health Care <sup>2</sup>	\$2,167
Assisted Living Facility <sup>3</sup>	\$4,851

### Nursing Home Facility ⓘ

Semi-Private Room <sup>2</sup>	\$5,931
Private Room <sup>2</sup>	\$6,540

# Paying for Non-Medical Home Care

- Private Pay
- Long-Term Care Insurance
- Veteran's Benefits
- Home and Community Based Services

# Combating the Social Isolation & Loneliness Epidemic



The highest rates of social isolation are found among **older adults**.



Social isolation can increase the risk for premature death as much as smoking  
**15 CIGARETTES A DAY**



Poor or insufficient social connection is associated with:

**29%** increased risk of heart disease

**32%** increased risk of stroke

increased risk for **ANXIETY, DEPRESSION AND DEMENTIA**

increased susceptibility to **VIRUSES AND RESPIRATORY ILLNESS**



Social Isolation is responsible for  
**\$6.7 BILLION** excess Medicare costs each year

Nutrition and Loneliness **Overlap**



U.S. seniors who eat most of their meals without a companion are **42 PERCENT** more likely to have feelings of loneliness.

On average, these seniors receive **157 FEWER SERVINGS** of fruit and vegetables per year than those who are not lonely.

## Nutrition & Loneliness Overlap

**75 PERCENT** of these lonely seniors (69 percent in Canada) are not receiving the right amount of at least one essential element of nutrition.

Lonely seniors are **TWICE** as likely to have a physical disability that jeopardizes their ability to receive proper nutrition.

Source: Home Instead fielded survey (2023)

## Companionship is the **Best** Diet

Research conducted by Home Instead, Inc. suggests that enjoying meals with loved ones can improve overall nutrition and feelings of isolation and depression.



### Craving Companionship

**72%** of lonely seniors wish they ate more meals with loved ones.



### Eating Alone is a Growing Trend

**50%** of seniors believe their parents ate more sit-down meals with loved ones at their current age and **76%** of lonely seniors feel they have fewer sit-down meals with family than they used to.

# What is the Companionship Diet?





# Why is Companionship so important for a senior's nutrition?



# Challenges of Senior Nutrition

- Disabilities
- Grocery shopping
- No emotional connection
- Cooking alone
- Lack of Appetite

# Tips for Family Caregivers

The best ingredient is you



## Don't sweat the details

Simply sitting down for tea or coffee with a senior is beneficial and helps to curb depression and loneliness.



## Help create a meal plan

Planning ahead is a huge help for seniors looking to keep a balanced diet.



## Order or cook ahead

Crock pots, Instapots and online delivery make easy options for seniors who can't cook or don't want a mess in their kitchen.

## Tips Continued....



### **Encourage healthy snacks**

Many seniors snack throughout the day and forgo a three-meal diet. Veggies and ranch, wheat crackers, tortilla roll ups and fresh fruit are all great options to have on hand.



### **Improvise**

Sometimes canned and frozen fruits and vegetables are the best healthy options available. Additionally, alternatives to “comfort” foods such as apple pie can be made by cutting out the high volume of butter and sugar.



### **Don't get too strict**

Going overboard by removing all carbs and sugars from a meal may be counterintuitive. Make sure to gauge a senior's diet by their health.

# 6 ways to Make Older Adults Part of Your Family Meals

1. Involve them in the food prep process
2. Create a positive atmosphere
3. Keep the meal simple
4. Find Ways to Connect
5. Create time for stories
6. Make dinner a regular occurrence

Family conversations  
about aging are triggered  
by a health crisis.

# Elderoscopy: 6 Questions You Need to Answer to Age Well

Where do I want to live out  
my senior years?



What lifestyle do I desire  
as I grow older?

How do I plan to stay  
healthy as I age?

If I find myself single, what  
will I do?

How do I see myself  
getting around if I can no  
longer drive?

How do I want my final  
years to look for me and  
my family?

# Resources & Websites

Home Instead:

<https://www.homeinstead.com/>

Genworth:

<https://www.genworth.com/aging-and-you/finances/cost-of-care>

Companionship Diet:

[www.HomeInstead.com/CompanionshipDiet](http://www.HomeInstead.com/CompanionshipDiet)

Elderscopy:

[www.HomeInstead.com/Elderscopy](http://www.HomeInstead.com/Elderscopy)

Thank you!

Questions?