



YOUNGER ADULTS LIVING IN NURSING FACILITIES

by Becky Schwantes-An, MSW, MA, LMSW

Recently, [Matt Sedensky of the Associate Press](#) ran an [article](#) on a very serious and difficult trend in the U.S.—the challenges faced by the growing number of younger adults living in nursing facilities.

Roughly one in seven nursing home residents is under 65, which is 15% of all those living in nursing facilities. This article was not news to the staff at Pathways for Aging, but it did address the issues faced by many of our clients. Nearly every one of our social workers currently provides counseling services for at least one younger resident of a nursing home, and we provide case management for several other families worried about care of their loved one if something should happen to them.



Life in any highly scheduled and monitored institution is a challenge, especially when most of your neighbors are from older generations, many with dementia, for whom relating and sharing everyday interests is a challenge. Activities like bingo and sing-a-longs with music from the 1940's and 50's are rarely appealing to younger adults. Though the numbers of nursing facilities with internet and Wi-Fi access is growing, for those living in facilities still without internet access for residents, connection to online communities and interests that younger generations have make life even more isolating.

Article continues on page 2

How We Can Help: Geriatric Care Management

Pathways for Aging provides case management that includes:

- Customized information** about community resources to meet the needs of your loved one
- Peace of mind** if you are separated by geography or a trip
- Someone to act as your eyes and ears** and troubleshoot a problem before it becomes a crisis
- A supportive advocate** with life-altering decisions impacting quality-of-life, such as medical & housing decisions
- Assistance** in managing paperwork, insurance claims and benefits
- Professional help** with strained family relationships & negotiating difficult decisions

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QUALITY OF LIFE FOR YOUNGER NURSING FACILITY RESIDENTS *(continued from page 1)*

As Adam Martin, a 26 year-old quadriplegic living in a Florida nursing facility says in the article “It’s just a depressing place to live. I’m stuck here. You don’t have no privacy at all. People die around you all the time. It starts to really get depressing because all you’re seeing is negative, negative, negative...It makes you feel old. If that’s all you’re around, that’s what you become.”

Many younger residents of nursing facilities struggle with depression for some portion of

their time in a nursing facility, especially when first adjusting to the facility, routine, medical concerns and physical limitations. Our experience tells us that weekly counseling sessions help to improve coping and problem solving skills for younger residents with depression. Changes in the nursing home to accommodate younger residents, however make the greatest improvements in mood for these clients. As the article highlights with Bayshore Health Center in Duluth, Minnesota, where 34 of their 160 residents are under 65, creating institutional change really does improve quality of life. They house their younger residents in private rooms in their own section of the facility. For activities, they hold poker games and outings to nightclubs. To accommodate younger residents who may stay up late, they serve breakfast until 10 a.m., rather than 7 A.M. Some residents, as well, may be able to live in alternative housing if provided accommodations and support through organizations like St. Louis’s [Paraquad](#). As aging and disability awareness continue to grow in our society, it is all of our responsibility to address these concerns and think creatively about ways to improve quality of life.

Becky Schwantes-An, MSW, MA, LMSW began working with Pathways for Aging in January 2009 as a therapist and geriatric care manager. Becky previously worked as a case manager with older adults, in community advocacy and education programs for elders, with refugee resettlement, and with social services in a county court and jail.

More young people are winding up in nursing homes

Number of younger residents has risen 22 percent in last 8 years

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By MATT SEDENSKY
 Associated Press

updated 1/7/2011 3:36:22 PM ET

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SARASOTA, Fla. — Adam Martin doesn't fit in here. No one else in this nursing home wears Air Jordans. No one else has stacks of music videos by 2Pac and Jay-Z. No one else is just 26.

It's no longer unusual to find a nursing home resident who is decades younger than his neighbor: About one in seven people now living in such facilities in the U.S. is under 65. But the growing phenomenon presents a host of challenges for nursing homes, while patients like Martin face staggering isolation.

"It's just a depressing place to live," Martin says. "I'm stuck here. You don't have no privacy at all. People die around you all the time. It starts to really get depressing because all you're seeing is negative, negative, negative."



Twenty-six-year-old quadriplegic Adam Martin works with physical therapist Wes Bower at the Sarasota Health and Rehabilitation Center, the nursing home where he lives. "It's just a depressing place to live," Martin says. "I'm stuck here. You don't have no privacy at all. People die around you all the time."

Read the entire article at:

http://www.msnbc.msn.com/id/40967599/ns/health-health_care/from/toolbarie



SPOTLIGHT ON POSITIVE AGING: BUDDY GUY—74 YEARS YOUNG!

by Jeannie Krause-Taylor, MSW, LCSW, C-ASWCM

“74 Years Young” is the title of one of the latest songs written and performed by legendary Blues artist, Buddy Guy. It is on his newly released CD – Living Proof. In January 2010, I had the privilege of hearing Mr. Guy perform in his hometown club, *Buddy Guy’s Legends*. He puts on a great show! As I was listening to him talk and sing with pride about how he is “74 years young” and describe some of his life experiences and the wisdom he has gained, I was struck by his great example of positive aging and the impact of his contagious attitude. Not only is Mr. Guy still performing in Chicago, he and his musicians tour the United States and around the world, including a recent show in Japan and an upcoming performance in India.

Mr. Guy also serves as a mentor to a very talented, but very young, 11 year old young man who performed on stage with Mr. Guy and was able to match him note for note. Mr. Guy told the crowd that he is initiating his own recording label, so he can produce music and showcase upcoming young artists, such as this young man. So often I hear my older clients tell me how they have outlived their usefulness, and they frequently do not recognize what they still have to offer. Mr. Guy demonstrates that he is still vibrant and that he can use his wisdom and experience to mentor other musicians and help them come into their own. Older adults have so many gifts to offer others!

You can learn more about Buddy Guy and his music at his website: www.BuddyGuys.com, and read his biography on Wikipedia at http://en.wikipedia.org/wiki/Buddy_Guy.

Jeannie Krause-Taylor, MSW, LCSW, C-ASWCM is the founder and director of Pathways for Aging. She has more than 30 years of social work experience includes serving as the social work manager for Barnes-Jewish Hospital, case manager supervisor with the St. Louis Regional Center, and in disability services.



Click here to enjoy Buddy Guy singing “74 Years Young”:

<http://www.youtube.com/watch?v=doBxLZJzLsE>



PATHWAYS FOR AGING WELCOMES JUNE SOULE, MSW, LCSW



D. June Soule, MSW, LCSW joined the staff of Pathways for Aging in late 2010 with more than 25 years of social work experience. June earned her Master's degree in Social Work from Washington University where she first worked with clients in a counseling setting. Since then, June has worked with all ages from children to older adults. June has experience as a medical social worker with hospice where she served clients and their families in-home and in facilities by providing counseling, bereavement treatment, group counseling and family education. June also served as a therapist with the Family Resource Center where she worked with a wide range of clients dealing with, among other issues, depression, grief/loss, violence and mental illness. She also worked extensively with prevention programs for children and families at risk for child abuse, and she has lead groups for adult survivors. June is a Licensed Clinical Social Worker in the State of Missouri and member of NASW. Visit pathwaysforaging.com/about for more information about our staff.

TIDBITS ABOUT OUR SOCIAL WORKERS:

JEANNIE KRAUSE-TAYLOR NAMED BOARD PRESIDENT OF HOPE

Pathways for Aging founder and director, Jeannie Krause-Taylor, has been appointed president of HOPE St. Louis (Housing Options Provided for the Elderly), a not-for-profit corporation serving the older adults in the St. Louis area. Jeannie has served on the board of directors of HOPE since 2006 and has held positions of secretary and vice president.

HOPE offers free, in-home counseling and case management for senior adults (age 60 and over) in areas related to the challenges of senior housing. HOPE primarily provides reverse mortgage counseling nation-wide. The organization's specific expertise is in areas of housing and the financial management associated with it. HOPE also provides counseling and referrals for home health care, personal care services, depression and stress related to aging and caring for aging loved ones. Its services are free to those living in St. Louis.

Jeannie believes that HOPE is an excellent source of support for St. Louisans who are facing the challenges of aging, a source that is supportive, caring, and free of charge. One of her top priorities as President is to ensure its availability to the community by expanding its professional base and securing additional funding so that HOPE can continue to meet the growing needs of our aging population. HOPE is funded by private donations and public grants including the St. Louis Area Agency on Aging, the St. Louis Philanthropic Organization, Missouri Department of Health and Senior Services, AARP, and the U.S. Department of Housing and Urban Development.





RECENT POSTS ON THE PATHWAYS FOR AGING FACEBOOK PAGE

[Video: Graying in the suburbs| Need to Know](#) A large number of older Americans are living in car-dependent suburbs, but what happens when it's time to take their keys away and how we will need to create more "Aging-Friendly" Communities.

[How to Mindfully Work with Difficult](#)

[Emotions](#) When many people hear the word mindfulness they might picture someone sitting serenely on a meditation cushion on a pristine tan wooden floor awash with peace. While there may be a sense of inner peace at times, mindfulness is also about learning how to work with difficult emotions.

[Boomers Take The 'Retire' Out Of](#)

[Retirement](#) Baby boomers start turning 65 this year. That used to be the age when Americans stopped working and kicked back. As with other stages of life they've gone through, boomers are expected to transform how we think about "retirement."

[No Matter Who You Are, It's Not Easy](#)

[Talking About Aging](#) Talking with your loved one about issues surrounding health care, finances and basic needs and wants associated with aging is a difficult subject. But it can be done as Joan and Melissa Rivers tell us!

Read more on the [Pathways for Aging Facebook Page](#).

[PATHWAYS FOR AGING ON FACEBOOK!](#)

Join Pathways for Aging on the internet's largest social networking site! The Pathways for Aging page provides information on mental health, support for older adults, caregiver needs, links to articles and stories, and a discussion board about issues important to you.

[Click here to join now:](#)



How We Can Help: Therapy & Counseling

Many **older adults** find the changes and losses they experience difficult to cope with, especially if they transition to new living arrangements. Therapists serve as supportive listeners who work with individuals to navigate their new roles and the emotions that come with these transitions. Counseling addresses a variety of concerns and symptoms, always respecting the unique needs of each person.

Therapists help **caregivers** work through their own emotions so that they have the energy and ability to care for their loved ones. **Private Insurance or Employee Benefit Programs may help cover the cost of caregiver counseling.**

We also provide all services on site in the client's home or facility so transportation is never a problem. **For those with Medicare and a Part B supplement, therapy often has no cost or a small co-payment.** Pathways for Aging is able to bill Medicare and other insurance providers directly.



COMMUNITY EDUCATION PRESENTATIONS



Pathways for Aging offers preventative programs to promote emotional health and positive aging. Our social workers offer presentations on the following topics to older adults, caregivers, agency staff, family members, or a combination of audiences on site at your location.

• **Monthly Caregiver Group on the 2nd Tuesday of Each Month** Jeannie Krause-Taylor and Susan Moser have begun a new Caregiver Support Group for family and friends of aging loved ones. The group is FREE and open to new members at

any time. It meets the second Tuesday of every month at 6 P.M. and focuses on the needs of those attending. The group meets at SarahCare Adult Day Care located at 524 South Elm Avenue, Webster Groves, MO. R.S.V.P. by calling 314-968-2222 or emailing info2@sarahcare.com

• **What is Happening to my Parents?** Tips & Advice for Adult Children on identifying specific issues, communication techniques, support on “what to do next,” and tools for how to care for your aging loved ones

• **Age as an Asset** debunks stereotypes and myths about aging, especially in the media, and helps older adults recognize their wisdom and experience as the gift of later adulthood

• **Improving Emotional Well-Being & Mental Health** discusses why having good mental health helps people lead better lives and age positively. This presentation offers strategies to avoid and cope with stress, depression, anxiety, and other mental health issues.

• **Caregiver Issues** discusses how to avoid severe stress and burnout when you are taking care of others. We discuss what you can do for them as a caregiver, and what you should be concerned about for yourself to avoid burnout.

• **Using Reminiscence & Life Review** provides tools for reflecting on our lives, including struggles and successes, to help older adults live well and excel in their lives today.

• **Strengthening your Mother-Daughter Bond** No relationship seems to be more complex or challenged than that of an aging Mother and her Adult Daughter. This presentation offers tips for stress management, creating support systems, and practical techniques for developing insight, empathy and respect for each other.

• **End-of-Life Decision-Making & Medical Ethics** gives an overview of bioethics and how it relates to end of life decision making, making difficult decisions such as withholding and withdrawing treatment, quality of life concerns, euthanasia, assessing decisional capacity, surrogate decision making, and the role of religion and culture.



We are also able to create presentation topics specifically for your organization. Contact us to discuss dates and topics by calling 314-361-3530 or emailing: contactus@pathwaysforaging.com.



RESOURCE TIP OF THE MONTH

www.mid-eastaaa.org



Mid-East Area Agency on Aging (MEAAA) is one of 10 Area Agencies on Aging in

Missouri. MEAAA is governed by a 23-member board of directors and served by a 24-member advisory council. Funding is provided under the amended Older Americans Act of 1965 and administered by the Missouri Department of Health and Senior Services. MEAAA has been serving seniors in the Counties of St. Louis, St. Charles, Franklin and Jefferson Since 1973. MEAAA provides programs and services to anyone age 60 living in their service area.

Services include:

Meal Programs

- [Senior Centers](#)
- [Home Delivered Meals](#)

Caregiver Assistance

- [Caregiver Assistance](#)
- [Day Care Services](#)
- [Eldercare Locator](#)
- [Respite Care](#)
- [Caregiver Web Resources](#)

Information and Assistance

- [Information and Assistance](#)
- [Housing Information](#)
- [In-Home Services](#)
- [Legal Services](#)
- [Long Term Care Information](#)
- [Long Term Care Ombudsman](#)
- [Employment Training Program](#)

Services

- [Active Aging Resource Center](#)

Transportation

- [Transportation](#)
- [STAR Transportation Program](#)

Volunteers are needed to help homebound seniors receive hot lunches!

Our communities have a critical need for Meals on Wheels volunteers. Because of the volunteer shortage, some seniors are not only missing hot, nutritious meals, but also the daily contact they need for companionship and assurance that their other needs are being met. MEAAA Meals on Wheels volunteers not only deliver meals – they are often a lifeline for the needs of our seniors.

For Full Story from our Facebook Page, [click here.](#)

THE SOCIAL WORKERS OF PATHWAYS FOR AGING

- Jeannie Krause-Taylor, MSW, LCSW, C-ASWCM
- Kristin Draeger, MSW, BSN, LCSW
- Yvonne Fallert, MSW, LCSW, ACSW
- Ann Fitter, MSW, LCSW
- Sharon Olson Gilmre, MSW, LCSW
- Denise Johnson, MSW, LCSW
- Becky Schwantes-An, MSW, MA, LMSW
- June Soule, MSW, LCSW

Visit our website for more information about our staff:

www.pathwaysforaging.com

PLEASE CONTACT US

Call or [email](#) us today if you, a friend, family member, neighbor, or client needs help with an older adult. We can also help caregivers with decision-making, support, ideas or professional counseling. Visit our [website](#) to [learn more about all of our social workers](#), detailed information about our services and to read about current issues of aging, mental health, and therapy on our [Pathways for Aging Blog](#).

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