



Support for Seniors = Support for **SAGE**

Summary of Case for Support

“The uniqueness of SAGE Eldercare is our mission-driven dedication to helping families and older adults choose a home as their choice in later years. The communities that we serve have depended on SAGE for many years to help meet their eldercare needs. Our commitment to them has not wavered since our doors opened over 55 years ago. We simply cannot allow obstacles to impede that commitment or the services we provide for them ... the comfort, confidence, the sense they are not alone, the sense they will have someone they can depend on through their latter years. It is, therefore, critical that we raise the much needed funds which will allow our organization to grow and continue to meet their ever-increasing needs.”

Jessica L. Rosenzweig, MPH, SAGE Executive Director



Case for Support

Background

It is undisputed that we are a country with an aging population. In the next two years, the first baby boomers will reach their 65th birthday, and by 2029, all baby boomers will be at least 65 years old. An estimated 70 million people aged 65 and older will have a significant impact on all health care delivery systems in the US.

New Jersey is the second largest home for seniors in the United States. Those of 65 years of age and older represent 13% of our state's population (an estimated 1,300,000) – this number will double to 26% by the year 2030.

The most rapidly growing senior age group is 85 years of age and older. In Union County alone this group grew almost 40% between 1990 and 2000. Forty-two percent of New Jersey men over the age of 85 had a physical disability in 2000, and 52% of women were home-bound by their physical condition. These frailest seniors require the most assistance from their caregivers (if they have one).

In New Jersey alone, there are almost 900,000 unpaid caregivers – and one-third of them are caring for someone with Alzheimer's disease or related dementia. The National Alliance for Caregiving reports that only half of caregivers access available community support. These caregivers need respite and support themselves in order to be able to continue to care for aging loved ones.

This information, and the very nature of life in a busy suburban community, would indicate the needs for an increase and improvement in programs to address the many levels of needs facing older adults in our area which includes Union, Morris, Essex and Somerset counties in New Jersey.

History

SAGE recognized the needs of the elderly and their families as its inception in 1954. In the 55 years since incorporation, SAGE has distinguished itself as not only the oldest eldercare agency in NJ, but one of only a few such agencies in the US to offer a comprehensive array of services under one roof. As a private, not-for-profit organization, SAGE has been a pioneer in providing community-based services to seniors. In 1966 it started one of NJ's first Meals on Wheels programs and in 1975 it opened one of the state's first adult day service programs. These and other programs developed by SAGE have served as models for other public and private eldercare agencies.

SAGE Today

SAGE Eldercare continues to be a leader in the care of seniors and serves as an advocate to both older adults and their caregivers. Over 5,000 clients and their families avail themselves of this valuable community resource annually. SAGE services promote independence and a dignified quality of life and its programs continue to evolve to meet the ever-increasing and changing needs of an aging population.

SAGE Services Need Your Support

- **Spend-A-Day Adult Day Health Center:** For frail or impaired seniors, and their caregivers, adult medical day care is a wonderful alternative to the anxiety of leaving a parent or grandparent at home alone, to the costliness of paying a trained person to help, or the emotional upheaval of deciding to use a nursing home or assisted living facility. Spend-A-Day Adult Day Health Center provides days of social and stimulating activities in a medically supervised environment to over 90 clients each year. Its varied calendar of activities cater to those who need little assistance to those who are memory impaired or those who need close supervision and assistance due to dementia or other impaired health conditions. Licensed by the Department of Health and Senior Services, Spend-A-Day offers a full range of medical services, nutritional counseling, pharmaceutical counseling, and easy access to other services such as speech, physical and occupational therapies making it a viable choice in the healthcare continuum. Caregivers receive much needed respite and support from qualified professionals while their loved one is at Spend-A-Day.
- **HomeCare:** SAGE was founded with the initial service of providing care in people's homes, and this program continues to be an integral part of its services today. Accredited by the Commission of Accreditation of Home Care, the HomeCare's experienced staff work with the client and family to develop and coordinate an individualized plan of care that encourages the client's independence and offers emotional support for the whole family. HomeCare can be provided for as little or as much time as warranted and may include personal care, homemaking, bathing or assistance to medical appointments. These services are provided by Certified Home Health Aides and supervised by Registered Nurses.
- **Meals on Wheels:** Each weekday we deliver about 230 meals to 140 clients. Annually, approximately 400 volunteers deliver over 50,000 meals to 260 people in three counties.
- **Home Support Services:** 150 seniors are assisted each year through the Small Home Repair, Grocery Shopping and Errand Service, and Bill Paying program.
- **InfoCare:** For those older adults or family caregivers who don't know where to turn for help, InfoCare can provide the answers and direction. Over 2,000 individuals annually receive assistance with a myriad of eldercare concerns, obtain information on community resources and are guided through the often bureaucratic maze of today's senior services. SAGE's P.R.E.P. (People Responsible for Elderly Persons) Support Group is a monthly caregiving support group led by a professional eldercare specialist.
- **Eldercare Planning and Guidance:** SAGE Eldercare's Eldercare Planning and Guidance program aims to increase the functionality, well-being and independence of the isolated and vulnerable seniors in our service area, as well as caring support for their devoted caregivers and family members, by providing personalized and compassionate services focusing on seniors and their family's personal needs and choices.

Our Unconventional Traditions

- **The Furniture Restoration Workshop:** Since 1961, the SAGE Workshop's handy volunteers of all professional backgrounds repair furniture (specializing in reweaving cane chairs) and make items for sale with all proceeds benefiting services for the elderly. Proceeds from the workshop contribute nearly \$40,000 to support SAGE services and programs.
- **The Resale Shop:** In existence since 1959, the SAGE Resale Shop sells an array of donated items with all proceeds benefiting services for seniors. Proceeds from the Resale Shop contribute over \$110,000 to support SAGE services and programs.

Some of our Many Successes

- Older adults have fewer hospitalizations and display better disease management skills once involved with our professional staff in the Eldercare Planning and Guidance program.
- Ninety-five percent of seniors attending Spend-A-Day Adult Day Health Center for at least three months show improvement in their quality of life and self-esteem and have increased their participation in daily activities.
- Ninety-five percent of caregivers, whose loved one attends Spend-A-Day Adult Day Health Center for at least three months, report improvements in their own quality of life.
- One hundred percent of seniors receiving Meals on Wheels have improved their diets and indicate that Meals on Wheels help them remain independent.
- Over 600 people actively volunteer throughout the year, allowing SAGE to reach more seniors and families than ever before.
- More often than not, a SAGE volunteer delivering a meal is the only contact a senior has with his or her community that day.

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Spend-A-Day Adult Day Health Center's program revenues cover only 72% of expenses.

One year of Spend-A-Day Adult Day Health Center for one client including transportation: \$30,000

One year of HomeCare with RN Supervision for one client three mornings per week: \$10,000

One year of Meals on Wheels for one client delivered by friendly volunteers: \$2,250