

United Way



United Way of Southwestern Pennsylvania



## Helping Seniors Live Healthy and Safe with Dignity at Home

### ALLEGHENY COUNTY INVESTMENTS

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#### PROGRAM

#### DESCRIPTION

#### PARTNERS

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##### **SUSTAINABLE HOME IMPROVEMENT PROJECT (SHIP)**

The Sustainable Home Improvement Partnership (SHIP) is a 4-agency collaboration that provides free home improvements, repairs, and modifications to income-eligible seniors. SHIP was funded in 2014-17 to expand its reach across Allegheny County, and exceeded their original goals.

**Lead: ACTION-Housing, Inc.**  
With: Nazareth Housing Services, Rebuilding Together Pittsburgh, The Pittsburgh Project

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##### **IN SERVICE OF SENIORS (ISOS)**

In Service of Seniors (ISOS) is a grassroots, neighbor-helping-neighbor model that recruits, trains, and matches volunteers with local older adults, to provide critical non-medical support that allows them to age in place. ISOS volunteers provide transportation, shopping help, companionship, and more.

**Lead: Wesley Family Services**  
With: North Hills Community Outreach, AgeWell Pittsburgh, Travelers Aid, University of Pittsburgh Occupational Therapy, Chatham University Physical Therapy, Brightwood Career Institute Occupational Therapy Assistant

PROGRAM	DESCRIPTION	PARTNERS
<b>AGEWELL PITTSBURGH</b>	Serving approximately 10,000 seniors and family caregivers per year, AgeWell Pittsburgh is a robust multi-agency collaboration offering a continuum of services that help seniors thrive and live safely at home. AgeWell Pittsburgh also supports family caregivers through education, respite, support groups, and more.	<b>Lead: Jewish Community Center of Greater Pittsburgh</b> With: Jewish Association on Aging, Jewish Family & Children’s Service
<b>HCBS CARE CONNECTIONS</b>	HCBS Care Connections is a Northern Area Multi Service Center-led project to implement the Changes of Condition intervention (CoC) across the meal delivery operations of seven providers in the Meals on Wheels Greater Pittsburgh collaborative (MOWGP). The CoC intervention monitors changes in everyday functioning that threaten seniors’ independence if left unaddressed. Using the CoC mobile app, MOWGP volunteers and front-line staff are trained and empowered to report deviations from a senior’s baseline status in six areas: fall risk, overall health status, appearance, nutrition, family support, and living conditions. Changes are immediately reported to a nurse care manager, whose prompt responses decrease consumers’ need for emergency room visits and other healthcare, and directly link them to needed services.	<b>Lead: Northern Area Multi Service Center</b> With: ACCESS Transportation Systems, Inc., Catholic Youth Association, Eastern Area Adult Services, Hill House Association, LifeSpan Senior Services, Plum Senior Community Center, Riverview Community Action Corp., The Thorne Group, Inc., University of Pittsburgh School of Public Health
<b>BETTER CHOICES, BETTER HEALTH</b>	Better Choices, Better Health (BCBH) teaches participants how to improve their own health by self-managing their chronic conditions. Trained volunteer facilitators — peers who have completed BCBH and now successfully manage their own chronic diseases — lead the program’s six-week workshops, which were designed by Stanford University and are recognized as a highest-tier evidence-based program by the U.S. Administration on Aging. Workshops cover topics including pain management, nutrition, exercise, medication use, and communicating with physicians. In addition, this agency is a leader in reaching diverse populations.	<b>Lead: Vintage, Inc.</b> With: Community College of Allegheny County, Jefferson Regional Foundation

INITIATIVE	DESCRIPTION	PARTNERS
<b>SENIOR TRANSPORTATION ASSISTANCE PROGRAM</b>	Travelers Aid (TA) proposes a win-win collaboration modeled after its successful transportation assistance program currently funded by United for Women. Senior-serving agencies cite transportation as a major barrier to clients' ability to attend medical appointments, shop, socialize, and get to general health and wellness services. This project will connect older adults with creative transportation solutions, like ride-hailing services, when other options are unavailable	<b>Lead: Travelers Aid</b> ACCESS Transportation, Wesley Family Services, North Hills Community Outreach, UPMC Senior Services, Western Pennsylvania Community of Hope, YWCA

## UNITED WAY INITIATIVES

INITIATIVE	DESCRIPTION	PARTNERS
<b>OPEN YOUR HEART TO A SENIOR (OYHS)</b>	Matching seniors throughout the region with highly trained, committed volunteers who supplement the seniors' ability to live independently and connect them with community supports, OYHS services include transportation to medical appointments, grocery shopping, home safety assessments, meal delivery, friendly visits, and seasonal projects.	<b>Lead: United Way</b> With: Wesley Family Services, North Hills Community Outreach, and 14 other non-profit senior service organizations
<b>UNITED FOR CAREGIVERS</b>	Family caregivers of older adults are a critical resource to fill the gap between the increasing needs of seniors and the flat or reduced government funding for programs to support them. The Pittsburgh Foundation has partnered with United Way to lead a community-wide effort to support family caregivers, a precious community resource. A Committee of 35 caregivers and civic leaders developed a set of recommendations for action that include strategizing with employers to support caregivers in the workplace, enhancing direct supports to caregivers and focusing on public policies to create large systems change.	<b>Lead: United Way</b> With: The Pittsburgh Foundation