

Quality of life of senior citizens



GOAL-Identify the social determinates of health for senior citizens and funding sources for social services to support a high quality of life for those residing in LA and SanBernadino counties.

What are Social determinates of health?
 The social determinates of health (SDH) are the conditions in which people are born, grow, work, live, age, the wider set of forces and systems shaping the conditions of daily life. The world health organization has determined 10 social detrimination of health which are the social gradient

- stress
- poorly life
- social exclusion
- work
- unemployment
- social support
- addiction
- food
- transport.

ACCESSING: DEMOGRAPHIC FACTORS OF THE SENIOR CITIZES, LIKE AGE, STAY IN THE PROPERTY, EDUCATION , INCOME STATUS, VETRAIN STATUS, FOOD AVAILABILITY,NEEDS OF GROCRIES, FAVORITE ACTIVITIES ON PROPERTY, MEDICAL CONDITIONS OF THE SENIOR CITIZEN , SERVICES , FACILITIES, AND NEEDS AMONG THE SENIOR RESIDENTS.

EVALUATION: USING SPSS, EXCEL , SAS TO RUN ANALYSIS ON DEMOGRAPHICS, FINDING ANY ODDS, OR RISK FACTORS, DOING GAP ANALYSIS AND BUILDING LOGIC MODEL.





creating hope through housing

Social determinates of health found to be a major factor which significantly impact the life of senior citizens. According to a study Housing accessibility for senior citizens is also affected by environment barriers

By using enabler instrument the environmental barrier were assessed. Senior population being the most venerable population I got a chance to analyze the needs and requirement of the them across various properties.

Collaborating with all the services coordinator among various properties we conducted surveys for 3- 4months and access the needs and requirements . The purpose of our project was to determine if there are any needs and requirements by the senior residents which could be fulfilled by Hope Through Housing organization.





The most common trends in the need's assessment were , need for Grocery assistance , need of proper transportation, need of monthly grocery replenishment and conducting their most famous games or activity like Bingo.

There is a need of transportation and grocery assistance services among the seniors which would require hope through organization to put more focus. May be finding a way out to give discount coupons for Uber or Lyft would be beneficial for the senior residents. The most household requirement by the residents was toilet paper, napkins , shampoo. While conducting different events by HTH across the properties, all the above items could be given to residents as gifts rather than giving them stuffs which they might not get benefits from.

The most favorite activities by the residents was walking , HTH could plan a walking activity daily in their properties where all the residents could go for a walk together.

3steps of community change

GOAL - Review, evaluate and improve quality of social services that improve the health and well-being of residents Hope through Housing's affordable senior housing communities in (Los Angeles/San Bernadino) county.

- 1) CONDUCTING A SURVEYS**
 CREATING A SURVEY QUESTIONNAIRE BASED ON GENERAL DEMOGRAPHIC FACTORS. THE SURVEY IS BASED ON NEEDS AND REQUIRMENTS AMONG THE SENIOR CITIZENS. THE SURVEY TAKES ABOUT 15-20 MINS TO FILL UP. THE RESPONSE RATE FROM LAST YEAR INCREASED BY 30-40% WHICH WAS A GREAT SUCCESS.
- 2) ANALYSING DATA**
 FACE TO FACE SURVEY , SURVEY MONKEY , MAIL SURVEYS WERE COLLECTED AND ANALYSED BY USING SOFTWARES. AND OUTCOMES WERE MEASURED
- 3) INTERVENTION**
 IMPROVE PARTICIPATION OF RESIDENTS IN ACTIVITIES PROVIDED BY HOPE. MEETING THIER NEEDS ACCESSED BY SURVEYS BY DIRECTLY PROVING IT., IMPROVING QUALITY OF LIFE BY EDUCATING AND PROVIDING HEALTH FACILITIES, STRENGTHENING HOPE THROUGH HOUSING RELATIONSHIPS AMONG THE RESIDENTS.

