Mission and Vision of Agency

FiftyForward’s Mission is to support, champion, and enhance life for those 50 and older.

FiftyForward’s Vision encompasses the three parts below:
1. Be recognized as the premier provider of innovative and comprehensive services for adults 50 and older in Middle Tennessee.
2. Assure that FiftyForward customers have access to needed services, remain active and involved, and experience the highest quality of life.
3. Influence the delivery of services for older adults and caregivers by educating the public about their needs and the value they bring to our community.

Identified Needs

• Annual reports state that family caregivers endure high levels of emotional, financial, and physical stress (NAC & AARP, 2015).
• Since the 1940s, the World Health Organization (WHO) has defined health as, “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” (WHO, 1948).
• Occupational balance is severely disrupted in the lives of millions who take on the role of caregiver, therefore, creating a decline in their overall health and well-being.

Rejuvenated Programs

Adult Day Services (ADS)
Progression in appropriate utilization of UPS Grant funding via consultation and staff education. ADS was able to purchase appropriate adaptive equipment and assistive technology in the areas of feeding, eating, and communication. ADS staff was also educated and trained in the Montreal Cognitive Assessment (MOCA) to be used, in addition to other assessments, for gathering greater insight of customer needs for greater participation in activities.

Children of Aging Parents
Production of materials and platform for future implementation of this program by FiftyForward staff. This program will provide educational and supportive resources to church communities throughout Davidson and Williamson counties free of cost.

New Programs

Helping Hands
Pilot website created to propose templates and ideas on how to provide resources and support for caregivers online.

Super Special Saturdays
Logistics planning and organization of structure of a respite care program funded by the Alzheimer’s Foundation of America. Program to be implemented summer of 2017 pending state licensure approval of building space.

The Library for Caregivers
A resource library created and housed at FiftyForward’s Knowles Center. A three phase budget plan was created to propose funding requests to local community organizations. Resources currently includes 30 educational and supportive books and films the community can access and borrow free of charge. Phase II and III of library budget plan created with goals to expand the library resources and replicate library to be available at the other FiftyForward centers.

Outcomes

117 million
50+ in need of care

Caregiver Burden

45 million
caregivers available

34.2 million
Adults in the U.S. provide unaided care to adults 50+

78% of Caregivers incur out-of-pocket expenses

22% of Caregivers experience a decline in health

Figure 1: Expected Quantity of People to be in Need of Care Compared to Number of Caregivers Available by 2020 in the U.S.

Figure 2: National Measures on Informal Caregiving

Goals

In 2017, FiftyForward decided to promote growth of services and measure the effectiveness of their services to ensure maximal utilization of resources. After surveying the agency and community, it was decided to promote the third part of FiftyForward’s Vision in this experiential component by:
• Creating and implementing new programs
• Assessing and rejuvenating available programs
• Providing staff resources and training about the caregiver population

Acknowledgements

This experiential component would not have been possible without the generosity, mentorship, and time dedicated by Gretchen Funk, MSW, Elena Wong Espiritu, OTD, OTR/L, BCPR, and FiftyForward. Thank you for your support and faith in the potentials of this project throughout the entire process.

References available on request