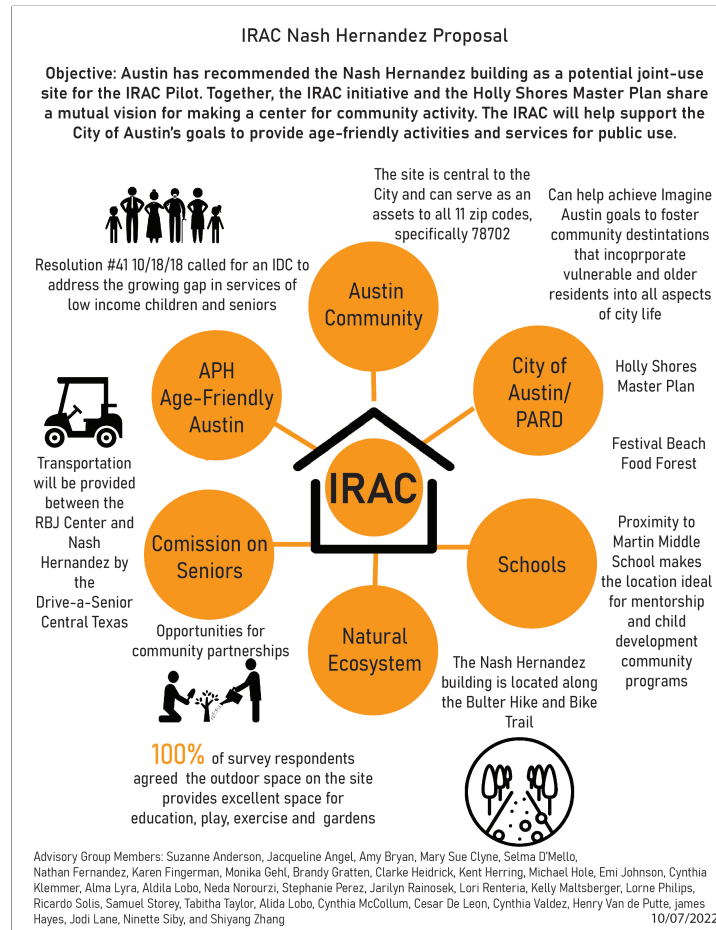


# Nash Hernandez Intergenerational Resource and Activity Center (IRAC)

## Overview and Background



July 21, 2022

Version 1

Updated 10/7/22

IDC Advisory Group

Email: [jangel@austin.utexas.edu](mailto:jangel@austin.utexas.edu)

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UT Repository <https://repositories.lib.utexas.edu/handle/2152/65188>

## Resolution #89 (June 16, 2022)

### Nash Hernandez Intergenerational Resource and Activity Center (IRAC)

#### Adult Day Health Care and Child Care Centers, Intergenerational Programming, Tele-behavioral Health Services, Transportation, Service Coordination

Target Audience: 25 preschool age children and 50 older adults

Timeline: PARD-UT LBJ School, Feasibility Study, deadline October 12, 2022

Services: Social, cognitive and physical activities, aging supportive resources, health and social service coordination, as well as tele-behavioral health screening

Days: weekly

Hours of Operation: 7:30-5:30 pm (children); 9-12 pm; 12-1 pm lunch; 1-2 pm (nap time); 2-5 pm (older adults/varsity generation)

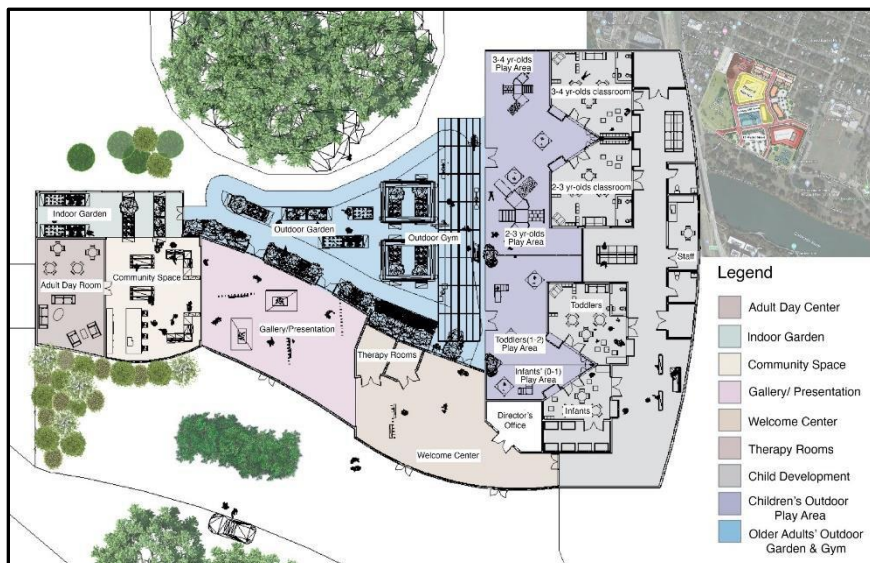
### Space and Staff Requirements

The Intergenerational Day Pilot Program, which is the first among planned Resource and Activity Centers (IRAC) requires 9,600 square feet (sf) plus 1,250 (sf) of outdoor space to accommodate both seniors and preschool-aged children in a way they have room to interact amongst their own age groups and together. The building will house both seniors and children, as well as indoor and outdoor spaces for single-generation and intergenerational activities. These spaces include an Adult Day Room where older adults can spend their day with their peers and away from children if they choose to do so. The space at Nash Hernandez would include several common spaces, such as outdoor and indoor gardens, and a community kitchen. The Pilot provides a homelike atmosphere with multipurpose, flexible spaces that can support different types of interactions (e.g., one-on-one, small group, large group [single- or multi-generation]). Importantly, the Pilot fosters fully accessible and direct and indirect access to different levels of interactions.

The Center needs to include a private, sound-proof space with internet access in order to provide confidential tele-behavioral health screening to facilitate the services the IDC can offer, such as mental health screenings and aging resources navigation assessments.

Additionally, the space should include distinct rooms for each age group of children who will attend the program, while including windows for guests and older participants to look in at the children playing.

Space is needed for a preschool area. There needs to be two classrooms for the children, split by



age group 3 and 4-year-olds. Each classroom should have windows through which the younger children can see the environment where they will move to in the future.

According to the Piaget Theory of Cognitive Development, this allows the children to become accustomed to the environment, which will ease the eventual transition.

A media room and gathering space could be a room featuring a drop-down projector for movie and informative presentation opportunities. In the same area there will be a 1,720-sf gathering space that includes a seating area, community kitchen, and an indoor herb garden. See Appendix A for renderings (photos) and detailed description of space requirements.

This Center offers opportunities for intergenerational gardening, cooking, and celebration opportunities for the Dove Springs Recreation Center. Directly off the herb garden could be a covered outdoor vegetable garden, walking trail for older adults, and the intergenerational playscape that is accessible to those with a disability. There should also be an outdoor area for children, which will be separate from the adult area but feature openings for the participants to interact. The Center also will need a commercial kitchen for the preparation of food for Center participants.

### Adult Day Health Center

We estimate the following ratios:

- The proposed adult day health facility could potentially serve up to 50 people daily.
- Group activity space for recreational therapy programs
- 500 (sf) Laundry Room (shared)
- Kitchenette- Meals on Wheels will deliver breakfast and lunch (shared space)
- 2,000 (sf) Varsity Activity room
- 500 (sf) office space for supervisor, Licensed Vocational Nurse, staff and assistants.
- 1,500 (sf) outdoor space for physical exercise

Given the above information, we estimate a minimum need of about **4,000 (sf)** for 50 Varsity Generation/Older Adult participants.

### Older Adults

Age Group	Number of Adults	Number of Staff	Indoor Space
50- 90 years	50	1 VPN Full time 1 Activity Coordinator 2 Staff 1 Assistant	4,000 (sf) 500 (shared)

### Cost of Operational and Space requirements

Personnel	Staff Pay Rate	Hours	Cost
LVN	\$49.62/hour	6	\$5,954/month
Activity Coordinator	\$34.32/hour	8	\$5,491/month
Social Worker	\$38.33	8	\$6,133
Social Work Assistant	\$25.00	6	\$3,000
Driver	TBD	3	\$ negotiable
Program Costs			

Activities			\$40/day
Health and Wellness			\$40/day
Meals	\$10/per participant (50)	Lunch	\$5000/month

Source: LBJ School PRP Report *Young Hip Austin is Getting Old: A New Experiment in Confronting the Challenge* 2018, and 2018 Bond Proposal <https://repositories.lib.utexas.edu/handle/2152/65188>; Lydia Missaelides, Executive Director, California Association for Adult Day Services, 9/22/22 <https://caads.org/>

### Service Coordination

Estimated Number of Clients 30-40/social worker

- 3 rooms (private office space) per 1 geriatric social worker serving 30-40 clients
- 400 sq. ft. per staff member

Given the above information, we estimate a need of about **1,200** square ft.

Source: *Family Eldercare Inc., 2018*

### Child Care Center

Estimated Number of Children- toddlers two-four years old: 25 pupils/day

#### Indoor Space

Age Group	Number of Children	Number of Teachers	Indoor Space
12-18 months	8	2 FT & 1 PT	280 (sf)
19-24 months	10	2 FT & 1 PT	350 (sf)
25+ months	16	2 FT & 1 PT	560 (sf)

- 1,190 (sf) Toddlers 2 – 4 years, including appropriately sized bathrooms
- 1 Lead Teacher
- 2 Assistant Teachers
- 200 (sf). Office Space
- 50 (sf) Observational booth attached to each classroom
- 400 (sf) 2 Storage closets
- 100 (sf) 2 Adult Bathrooms
- 400 (sf) Mechanical Space

In total, the childcare center will require **2,340** (sf) of indoor space.

### 2023 Start-up Budget

Item	Cost
5 Classrooms, including furnishings, toys, and other materials	\$250,000
Outdoor Learning Environment playground transportation van (option traditional playground)	\$250,000 \$200,000
6 months of operational support	\$tbd

Total		
-------	--	--

For research purposes, we'd like to have three small observation booths (50 sq.ft each; one attached to each classroom). Altogether, our indoor early childhood space would need to be about 2,440 sq.ft and our outdoor space would need to be about 2,000 sq.ft.

#### *Estimated staffing costs*

Position	# Needed	Salary (each)	Benefits (each)	Total
Lead Teachers	6 FT	\$36,000	\$14,400	\$302,400
Assistant Teachers/Floaters	3 PT	\$18,000	\$7,200	\$75,600
Director	1 FT	\$60,000	\$24,000	\$84,000
Administrative Assistant	1 PT	\$22,500	\$9,000	\$31,500
Family Support Specialist	1 PT	\$22,500	\$9,000	\$31,500

We'd need to operate from 7:30 AM to 5:30 PM. Annually, once we're fully operational, we expect the operating budget (salaries + basic expenses) to be about \$750,000. Rent and utilities would add to that. Cynthia said that each of her sites has a full operating budget of about \$1.2 million. Typically, 75% of Open Door's budget is covered by revenue (tuition + childcare subsidies) and 25% is covered by philanthropy.

Source: Open Door Preschool, Cynthia McCollum, 2020; U.T. Austin Child Development Center, 2019

#### **Outdoor Space**

In total the communal space for activities that includes an outdoor playground for children, VG exercise activity area, gardens and IDC programming is estimated at **1,250 (sf)**.

#### **Communal/Shared Space**

It is necessary that a group room include (700 sf) for special activities, a staff lounge, a laundry room (150 sf), 3 adult bathrooms, (150 sf) and a commercial kitchen (250 sf) for full-meal preparation and service.

#### **Intergenerational Recreational Activities : Social activities or program at the Adult Day Center**

Department of Parks and Recreation offers three major activities for the Varsity Generation (VG) ages 60 and older. Since reopening, VG participants range in age from 65 to 75 and average between 2 to 5 seniors per day (liaise with Russell Diggs, 2/18/22). The Center offers an after-school program for children 5 to 12 for approximately 30 participants per day. Activities include arts and crafts, knitting, brain exercises, ping pong Tai Chi, and a fitness room designed for physical wellness.

[https://www.austintexas.gov/sites/default/files/images/Parks/Recreation\\_Centers/Varsity%20Generations%20\(3\)%20DOVE.pdf](https://www.austintexas.gov/sites/default/files/images/Parks/Recreation_Centers/Varsity%20Generations%20(3)%20DOVE.pdf) In addition to these activities, the adult day program would include the following things to do with young children (intergenerational day programming).

#### **A. Recreational Activities**

1. Group exercise activities
2. Cards and board games
3. Outings and excursions

4. Arts and crafts (quilt squares)
5. Reading
6. Gardening (planting seeds)
7. Music (listening to participant original CDs)
8. Watching TV/educational shows in theater room
9. Dance parties
10. Tai-chi and Mindfulness
11. Yoga (ask separately about chair yoga)
12. Chair volleyball
13. Cooking classes (baking projects)
14. Bird watching, and Bird shows
15. Hula Dance Club
16. Live music (also ask if they play an instrument or sing themselves)

#### **B. Social Support Activities**

1. Mindfulness meditation workshops
2. Pet therapy
4. Art therapy
5. Blow bubbles
6. Child daycare lunch helpers

#### **C. Learning programs**

1. Nutrition and education
2. Healthy lifestyle workshops
3. Multi Language classes taught by seniors with teacher or facilitators
4. Sign language
5. Tutoring
6. Technology courses
7. Sound Bingo (listening to sounds and identifying the sound source)
8. Photography classes
9. Art classes (making watercolor paintings, maracas- musical instruments)
10. Computer and cell phone technology use and fraud prevention classes
11. Personal and cultural heritage exploration (genealogy and local historical research)

Source: Building an Intergenerational Metropolis: An Intergenerational Day Center Pilot, Austin, 2020  
<https://repositories.lib.utexas.edu/bitstream/handle/2152/65188/Final%20Report%20Intergenerational%20Day%20Center%20Pilot%20July%2016%202020.pdf?sequence=25&isAllowed=y>

See Appendix B for sample curriculum.

Source: IDC Advisory Group, 2021

#### **Tele-Behavioral Activation Health Treatment Service**

- Estimated number of participants: Up to 50

- Tele-behavioral Activation (T-BA) health program provides short-term depressional treatment and/or fall prevention for individuals age 50 and older with mobility impairment and other disabilities.
- Space required for Tele-BA participant access to ipad or internet service.
- All sessions for individual older adults are via videoconferencing and all assessments are done via telephone or video conferencing.

Source: Dr. Namkee Choi, Steve Hicks School of Social Work, The University of Texas at Austin, 2022

### **Transportation Services**

- Transportation plan ensures each adult participant of the IDC has access to safe, reliable and affordable transportation that allows them to participate in the IDC programs and future implementations at other locations across the community.
- Serve vulnerable and low-income seniors across the greater Austin community.
- Round trip transportation to adult day center and IDC. Service requires additional time in our trip planning for clients who let us know they need assistance. The day before a trip, each client is contacted by the driver to determine the exact pickup location, time window, and whether they have additional needs. On a group trip, if a client is not ready at the end of their agreed-upon pickup window, then the driver must leave on time in order to pick up the next client at their scheduled time (and ultimately arrive at the group's destination on time). Coordinate with other non-profits providing transportation in underserved neighborhoods
- Provide older adults opportunities for stimulating socialization and intergenerational activities. Drive clients to locations where they volunteer their time.
- Provide rides to programs for older adults with dementia and to “Power for Parkinson’s” for caregiver respite.
- Group rides in small buses for weekly grocery shopping, trips to activity centers and other outings enhance our riders’ quality of life. Providing ten to twelve IDC participants with a reliable and pleasant ride to and from the IDC location. In later phases, expand this service to include a weekly grocery shopping trip one day a week or schedule other popular stops such as a neighborhood Walmart.

Source: Chariot, July 17, 2022; PARD (TBD)

### **Evaluation**

The IDC Program evaluation would take place in three steps: prior to the intergenerational activity, during the activity and after the activity. The evaluation would be conducted along with the participants but completed by the facilitating staff member or volunteer to obtain an outside perspective that is not actively engaged in the activity. Process evaluations measure whether actual program performance was faithful to the initial plan (see attached tool). Appendix C is the pre and post-test Wellness Survey. Appendix D is the interview guide for the monthly focus groups (conversation) to evaluate satisfaction, including information on what changes they might like. Many of the evaluation questions focus on activity effectiveness and relevance, facilitators’ performance and level of engagement and concordance with the participants' social behaviors and reactions.

A comprehensive evaluation of the IDC Program pilot will assess the relative cost versus benefits of the services and resources in year 1. The survey instrument encompasses the following considerations as shown in Appendix E.

## Conclusion

This IDC Pilot aligns with current national needs as well as the City of Austin's own drive to focus on underserved citizens, the displacement of low-income seniors, and the need for co-located affordable housing linked to behavioral health services and supports. Additionally, the IDC Pilot contributes to implementation of the Age Friendly Austin Plan

<http://www.austintexas.gov/edims/document.cfm?id=260993>, bridging the gap in service delivery of education, health, and wellness across generations for working families including first responders. The implementation of the project has entailed liaising with Austin Public Health, Department of Parks and Recreation, Assistant City Manager's Office, and Commission on Seniors

<https://www.austintexas.gov/content/commission-seniors><https://data.austintexas.gov/stories/s/AFA-Age-Friendly-Austin/iiyj-8kq8/> as well as partners and foundations who have provided letters of commitment and support.

<https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Frepositories.lib.utexas.edu%2Fhandle%2F2152%2F65188&data=02%7C01%7Cneda.norouzi%40utsa.edu%7C58dbf6d11ed4407d33a208d84186d858%7C3a228dfbc64744cb88357b20617fc906%7C0%7C0%7C637331394707728430&sdata=1%2BgZq2ITFhwk32Ge1LY53DfpemKVdbzn6XWEAMyMwrM%3D&reserved=0>



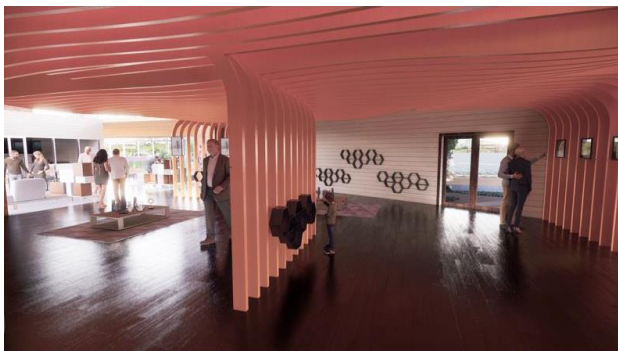
## APPENDIX A

### IDC Design: Optimizing the Use of Public Space

The architectural goal is to create high quality spaces for single-generation activities as well as intentionally designed spaces that offer opportunities for different types and levels of intergenerational interactions. The spatial program will focus on respecting autonomy and independence for everyone involved while providing spaces that encourage intergenerational interactions.

Single-generation spaces include an Adult Day Room where older adults can spend their day with their peers and away from children if they choose to as well as four different classrooms for different age groups of 0-1, 1-2, 2-3-, and 3-4-years old children. Each classroom will have an outdoor natural playground for children. These playgrounds will be adjacent to an outdoor adult gym with the purpose of offering opportunities for older adults and children to exercise and play separately but also have the option of spontaneous interactions if they choose to. Other spaces designed to foster intergenerational interaction include (1) the lobby set as an art gallery to display intergenerational art, (2) an indoor/outdoor garden adjacent to an intergenerational kitchen where older adults and children can plant herbs, root vegetables, and salad greens in the garden and use the community kitchen to make fresh meals.

The outdoor area surrounding the facility will serve as an outdoor learning environment providing a blend of natural areas, environmental features, and plants to interest children in learning about nature and its elements. These initial designs for the IDC are meant to facilitate interaction between the various age groups that will participate in programming at the center. While IDC will be a community center that will bring together older adults and children, it is important to keep everyone safe. Therefore, after finalizing the site location, we will make sure to design and build a fence to embrace the center.



## APPENDIX A (continued)




## APPENDIX A (continued)



Source: Dr. Neda Norouzi, PhD, School of Architecture and Planning, The University of Texas at San Antonio, 2022, IDC Advisory Group Meeting, July 22, 2022.




## APPENDIX B



TEXAS  
The University of Texas at Austin

WHAT STARTS HERE CHANGES THE WORLD

Resolution Item #89 (6/16/22)





TEXAS  
The University of Texas at Austin

## Establishing an Intergenerational and Resource and Activity Center

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Presentation  
To  
Community Development  
Commission  
October 10, 2022





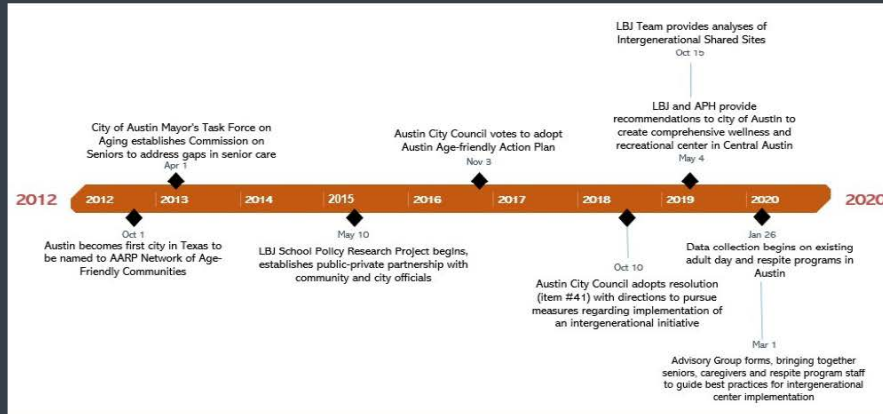
TEXAS  
The University of Texas at Austin

WHAT STARTS HERE CHANGES THE WORLD

## Problem

*The City of Austin suffers from a gap in  
intergenerational services and adult day  
health care for low-income seniors and for  
children.*

## Brief Project History\*



9/1/2020- Established Intergenerational Day Center Advisory Group for providing information and guidance to Austin Public Health, AGE of Central Texas and Sam Woollard and Associates (consultants) for implementation of Resolution items #41.

### 2022

Subsequent to Resolution #41 (10/18/18), the City approves the City Manager "to study the feasibility and fiscal impact of housing an Intergenerational Resource and Activity Center program in the Nash Hernandez Building." Deadline 10/13/2022

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## IDC Advisory Group

Suzanne Anderson  
Jacqueline Angel

Amy Bryan

Mary Sue Clyne  
Selma D'Mello  
Karen Fingerma  
Clarke Heidrick  
Kent Herring  
Michael Hole

Emi Johnson  
Cynthia Klemmer  
Adila Lobo  
Cynthia McCollum  
Neda Norouzi  
Sam Storey  
Tabitha Taylor  
Monika Gehl  
Nathan Fernandez  
Brady Gratten  
Cesar De Leon  
Cynthia Valdez  
Henry Van de Putte

*Executive Director Age*  
*UT Austin Wilbur J. Cohen Professor of Health and Social Policy*  
*Director, Priscilla Pond Flawn Child and Family Laboratory*  
*Board Chair, Chariot Austin*  
*Caregiver*  
*Co-Director, Texas Aging and Longevity Center*  
*RBI Board of Directors*  
*CEO Family Eldercare*  
*Professor Dell Medical School, Director of The Impact Factory*  
*Austin City Library*  
*City of Austin PARD*  
*Deloitte/ Caregiver*  
*Director, Open Door Preschool*  
*Assistant Professor of Architecture, UTSA*  
*Economic Development Director*  
*City of Austin*  
*Planner, Former UT Student*  
*Travis County*  
*Martin Middle School*  
*Martin Middle School*  
*Central Health*  
*Meals on Wheels*

James Hayes  
Jerlyn Rainosek  
Jodi Lane  
Joyce Hefner  
Kelly Maltzberger  
Lorene Phillips  
Lori Renteria  
Ninette Siby  
Ricardo Soliz  
Shiyang Zhang

*Austin ISD*  
*Recreation Programs Supervisor, City of Austin*  
*Fruitful Commons*  
*Family Eldercare*  
*Senior Activity Center, City of Austin*  
*Impact Austin*  
*Resident and Advocate*  
*UT Student*  
*City of Austin PARD*  
*UT PHD Candidate*

# Livability for Longevity Symposium Poll 2019



**Majority say:**

- *City of Austin should prioritize an adult day health center*
- *City budget should prioritize health and social services*



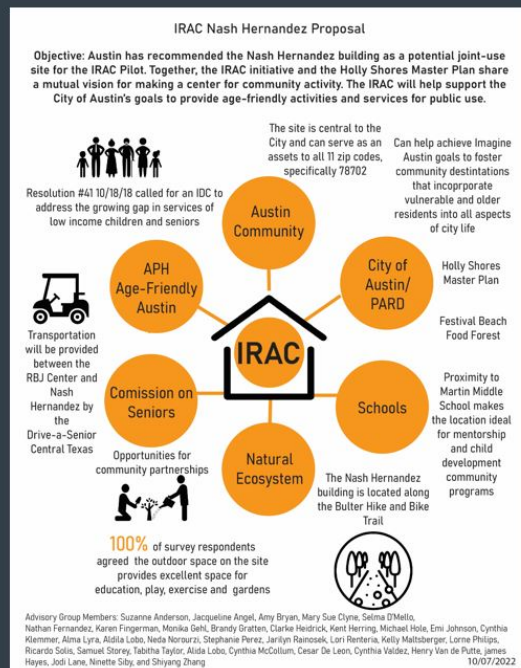
In “Young, Hip Austin is Getting Old: A New Experiment in Dealing with the Challenge” **two-thirds of low-income seniors reported they would switch providers** for a health and wellness model such as an Intergenerational Day Center (pg. 82)



## Solution

## IDC:: Making the Most of Shared Spaces in Public Places

# Nash Hernandez Building





## Intergenerational Day Center (IDC)

**“Unite disparate age groups in quasi-kin relationships to meet the care needs of multiple generations of families”**



**Optimizes shared space in public places.**

\*Report by GU and Eisner Foundation "The Best of Both Worlds: A Closer Look at Creating Spaces that Connect Young and Old"  
\*Jarrott, S. & Bruno, K. (2007) "Shared Site Intergenerational Programs: A Case Study." Journal of Applied Gerontology, 26(3) p. 239

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## IDC Benefits

### **Social**

Reduce levels of isolation and depression in seniors and ageism in children\*

### **Physical**

Increase seniors' mobility and levels of empathy for both groups\*\*

### **Respite**

Provide respite for caregivers with young children and older parents\*\*\*

### **Economic**

Both age groups share space and programs that prevent competition for funding\*\*\*\*

#### Sources:

\*Andreoletti, 2016;

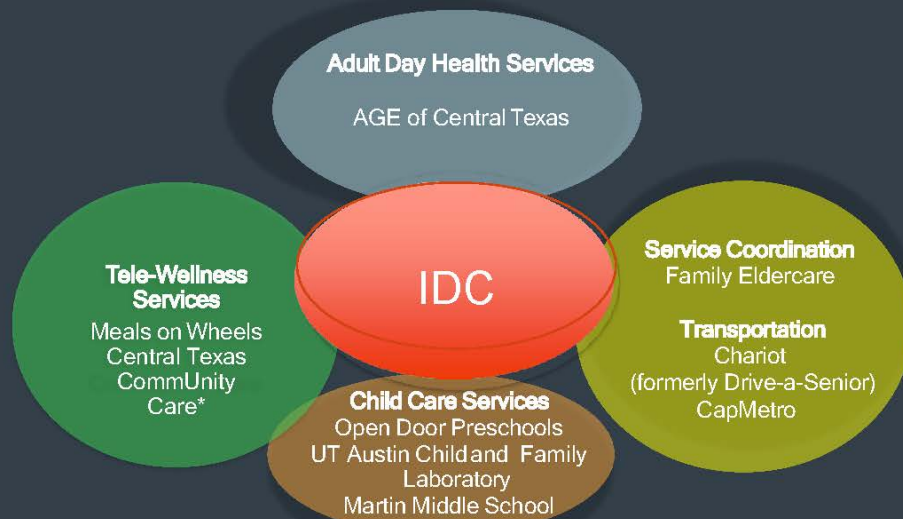
\*\*Jayson, 2018

\*\*\*López-Anuarbe, 2013

\*\*\*\*Jarrott, 2008

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## IDC Public-Private Model- Austin



APH works closely with Central Health and their partner CommUnity Care to provide quality, affordable health and wellness services to residents. 2018, City of Austin . Bond Proposal to Create Senior Center at the RBJ Health Building, p.4. Town Square , <https://www.townsquare.net/adult-day-care/texas/north-west-austin/>

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## IRAC Features

1. Multipurpose community use; open 7:30 am to 9 pm
2. Brings together all age groups and persons with and without disabilities
3. Specializes in children and adult day services in a clean and intergenerational environment
4. Core values: Compassion, care and dignity
5. Voluntary IDC participation
6. Community access to conference room promotes social and productive engagement





## Program Eligibility\*

	Adult Day Care	Child Day Care	Other
Age Range	65 years and older	18 months-4 years	11-13 years
Income Status	200% Federal Poverty Level	200% Federal Poverty Level	N/A
Insurance Status	Medicare-Medicaid	N/A	N/A
Licensure	Health and Human Services Commission	Department of Family and Protective Services	N/A

Source: An Intergenerational Day Center Initiative in Austin: Issue Brief, p. 17; 2019.



## Nash Hernandez Building

### *Survey Highlights*



# Tours and Findings



-Mary Sue Clyne  
-Selma D'Mello  
-Monika Gehl  
-Adam Hauser  
-Clarke Heidrick  
-Cynthia Klemmer  
-Sheila Matthews  
-Jerilyn Rainosek  
-Sam Storey  
-Neda Norouzi  
-Monika Gehl  
-Jacqui Angel



Carol Fraser

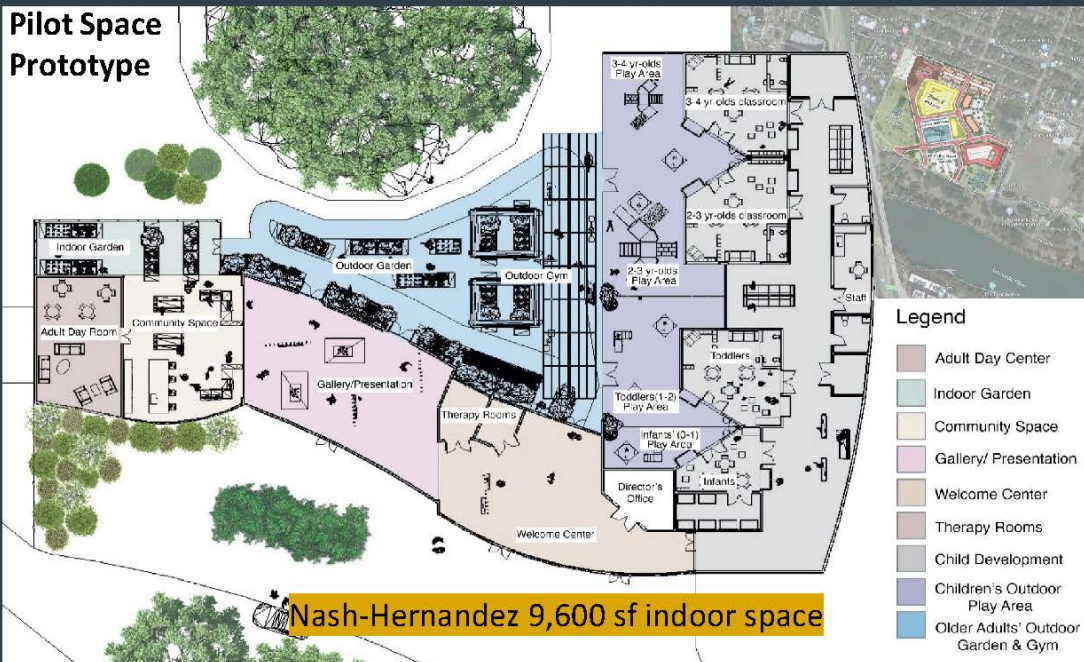


From left, Brandy Gratten, Sam Woollard, Lori Renteria, Pio Renteria, Amy Bryan, Ricardo Soliz, Andrew Levack, Cindy Klemmer, Suzanne Anderson, Cynthia McCollum; May 27, 2021

*Majority of responses indicated that the Nash Hernandez Building would be an excellent/good fit for the IDC in all aspects of design & function of an ideal Age-Friendly Austin community.<sup>1</sup>*

<sup>1</sup>[https://austinup.org/wp-content/uploads/2019/04/livability\\_symposium\\_slides\\_angel2019.pdf#mmerl](https://austinup.org/wp-content/uploads/2019/04/livability_symposium_slides_angel2019.pdf#mmerl)

## Pilot Space Prototype







Main Entrance



Welcome Center



Older Adults' Outdoor Gym | Children's Playground



Indoor Garden

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Gallery Space



Gallery Space



Outdoor Space



Outdoor Garden

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# Adult Day Care

AGE of Central Texas- partner

Serves seniors that do not fit eligibility at Adult Day Center at Nash



Age of Central Texas  
3710 Cedar St,  
Austin, TX 78705

In 2022, AGE breaks new ground for new social and wellness center serving up to 75 older adult at 9400 Alice Mae Lane, Austin, near Southpark Meadow.

## IRAC Feasibility- Curriculum

*Program is designed to provide daily, weekly, and monthly cross-age interactions.*

*Key elements of sample syllabi are available for review.*

### *IDC Curriculum Work Group includes*

*Amy Bryant (UT Austin), Suzanne Anderson (AGE), Cynthia McCollum (Open Door Preschool), Mikhayla Gustafson (Mike's Place at Meals on Wheels and More), Emi Johnson (PARD), and Henry Van de Putte (Meals and Wheels Central Texas).*



## IRAC Feasibility- Curriculum (continued)

Program is designed to provide daily, weekly, and monthly cross-age interactions.

Key elements of sample syllabi are available for review.

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Amy Bryant (UT Austin), Suzanne Anderson (AGE), Cynthia McCollum (Open Door Preschool), Mikhayla Gustafson (Mike's Place at Meals on Wheels and More), Emi Johnson (PARD), and Henry Van de Putte (Meals and Wheels Central Texas).

## IRAC Estimated Budget

### *Capital Costs (City)*

\$200 per square foot (sf) to rehabilitate building and outdoor space 100 (sf) square foot to match spatial needs.

PARD Board's estimates Nash renovation cost 9,600 (sf) building at **\$2.2 million**.

### *Start-Up, Operational Costs and In-kind Aid*

#### Adult Day Health Center

\$1.2 million

#### Child Development Center

\$1.5 million

#### IDC Program

\$250,000

#### Services Coordination, Tele-Behavioral Health

\$300,000

#### Transportation

450,000

#### Est. Total

\$3.7 million

# Next Steps

1. Conduct feasibility of IDC Pilot Study with Parks and Recreation Department, Resolution #89 (6/16/22)
2. Provide monthly reports to the City of Austin's Commission on Seniors Domain 8 Working Group
3. Report findings

"Livability and Longevity Symposium  
 "Changing Care Needs in an Aging Metropolis"  
 April 17, 2023  
 Hosted by  
 UT Austin LBJ School and TALC

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# Partnerships

## Letters of Support and Commitment

- AGE of Central Texas
- Anderson Charitable Foundation
- Austin Geriatric Center (RBJ)
- Chariot (formerly Drive-A-Senior)
- CommUnityCare
- Family Eldercare
- Meals on Wheels Central Texas
- St. David's Foundation
- Toler Keep Families Giving Foundation
- United Way of Greater Austin

## UT Austin Collaborators

- Dell Medical School
- McCombs School of Business
- Moody College of Communication
- Steve Hicks School of Social Work
- UT Health Science Center School of Public Health
- UT School of Nursing
- TX Aging & Longevity Consortium

## Community Supports

- Community Leaders
- Elected Officials
- Faculty
- Lakeside Apartments
- Varsity Generation/Senior
- UT Students

# Acknowledgments

**Community Co-Production Team** Seniors, Caregivers, Providers and Volunteers

**Guest Speakers** Dr. Shannon Jarrott, Dr. Christopher Phillipson, Adam Hauser, Andrew Levack

**Amy Bryan**, Ph.D., LCSW-S, PPT-S, Director, Priscilla Pond Flawn Child and Family Laboratory, UT Austin

**Public-Private Partners** St. David's Foundation, Commission on Seniors, Austin Public Health (APH)\* [\*Full List\*](#)

## APPENDIX C

### Program Evaluation Survey- IDC Pilot Study Phase I

#### Section A Pre-Assessment

1. Age

What is your age? (Answer in number)

2. Gender

What is your gender?

- Female
- Male
- Non-binary
- Other (please specify) \_\_\_\_\_

3. Marital status

What is your current marital status?

- Single and have never been married
- Married
- Divorced
- Widowed
- In relationship
- Other (please specify) \_\_\_\_\_

4. Grandchildren

Do you have grandchildren?

- Yes
- No

5. Cognitive function

Have you been diagnosed with dementia by a medical professional?

- Yes
- No

6. Physical health

How would you rate your physical health at the present time?

- Excellent
  - Very good
  - Good
  - Fair
  - Poor
-



## APPENDIX C (continued)

### Program Evaluation Survey- IDC Pilot Study Phase I

#### 7. Mental health- Depression

How often did you feel depressed during the past week?

- Rarely/None of the time
- Some/Little of the time
- Occasionally or a moderate amount of time
- Most/All of the time

#### 8. Mental health- Loneliness

How often did you feel lonely during the past week?

- Rarely/None of the time
- Some/Little of the time
- Occasionally or a moderate amount of time
- Most/All of the time

### Section B Post-Assessment

#### 1. Participation

How often How often do you participate in the program?

- Once a month
- Two or three times a month
- Once a week
- Several times a week
- Other (please specify) \_\_\_\_\_

For the following questions, please indicate to what extent you agree with the following statements:

#### 2. Satisfaction- Recreational activities

I am satisfied with the recreational activities (e.g., group exercise) provided in the program.

- Strongly Disagree
- Disagree
- Not Sure/Neutral
- Agree
- Strongly Agree
- NA

**APPENDIX C (continued)****Program Evaluation Survey- IDC Pilot Study Phase I****3. Satisfaction- Social support activities**

I am satisfied with the social support activities (e.g., therapy) provided in the program.

- Strongly Disagree
- Disagree
- Not Sure/Neutral
- Agree
- Strongly Agree
- NA

**4. Satisfaction- Learning programs**

I am satisfied with the learning programs provided in the program.

- Strongly Disagree
- Disagree
- Not Sure/Neutral
- Agree
- Strongly Agree
- NA

**5. Intergenerational interactions**

I am happy with the opportunities to interact with kids.

- Strongly Disagree
- Disagree
- Not Sure/Neutral
- Agree
- Strongly Agree
- NA

**6. Physical health**

How would you rate your physical health at the present time?

- Excellent
- Very good
- Good
- Fair
- Poor

**7. Mental health- Depression**

How often did you feel depressed during the past week?

- Rarely/None of the time
- Some/Little of the time
- Occasionally or a moderate amount of time
- Most/All of the time

**APPENDIX C (continued)****Program Evaluation Survey- IDC Pilot Study Phase I****8. Mental health- Loneliness**

How often did you feel lonely during the past week?

- Rarely/None of the time
- Some/Little of the time
- Occasionally or a moderate amount of time
- Most/All of the time

**9. How likely are you to recommend this program to other people?**

- Very unlikely
- Unlikely
- Not Sure/Neutral
- Likely
- Very likely

Source: UT Austin, LBJ School IDC Advisory Group and Texas Aging and Longevity Center, 7/21/2022

**APPENDIX D (continued)****Section C Periodic Focus Group Interview Guide (Monthly)**

1. How often do you participate in Adult Day Center and IDC?
2. Are there any barriers that hinder your participation?
3. Do you think the program provides you opportunities for socializing?
4. Do you think the program provides you a wide variety of physical activities?
5. Does the IDC address needs of what you would like?
6. Has your health improved since the start of the program?
7. Has your mental improved since the start of the program?
8. What improvements or changes would you like to see in the program?

## APPENDIX E

### Comprehensive IDC Evaluation Guide

<b>Who should be evaluated?</b>	All program participants (seniors and children), program staff and volunteers
<b>Why is an evaluation being conducted?</b>	To evaluate the sustainability of the programming, having feasibility/outcome data to provide to stakeholders/funders, sustain funding from public/private sources, attract larger pool of participants
<b>What should be evaluated?</b>	<ul style="list-style-type: none"> <li>- Know if stakeholders think the program is sustainable and feasible; conducting focus groups with stakeholders participants and their caregivers</li> <li>- As facilitator practice contributes to short-term outcomes, using Intergenerational Practice Evaluation Tool to assess</li> <li>- Observe short-term behaviors from elderly and young participants after intergenerational activity</li> </ul>
<b>When should the evaluation be done?</b>	<ul style="list-style-type: none"> <li>- The Intergenerational Practice Evaluation Tool will be conducted for each intergenerational activity during month 1 of programming and then during week 1 of each month thereafter</li> <li>- Stakeholder focus groups should be conducted 4-5 months following the launch of the program</li> </ul>
<b>Who will receive the evaluation results?</b>	<ul style="list-style-type: none"> <li>- Community advisory group, including participants and program staff</li> <li>- Detailed analyses to be incorporated into requests-for-funding</li> </ul>
<b>How should the evaluation be completed?</b>	<ul style="list-style-type: none"> <li>- Older adults read to aloud in person if safe to do so, over phone if</li> </ul>

	<p>permitted or digital correspondence; translated to Spanish if needed</p> <ul style="list-style-type: none"> <li>- Via digital correspondence (google forms) to all other adult stakeholder, caregivers of young children</li> <li>- Focus groups will be conducted separately for each group, over Video Meeting or in person if safe</li> </ul>
<b>Who will conduct the evaluation?</b>	<ul style="list-style-type: none"> <li>- Program facilitators and staff administering the survey, research team students</li> <li>- Research team conducting focus groups separately</li> </ul>
<b>What should be done with the evaluation results?</b>	<ul style="list-style-type: none"> <li>- Infographic and analysis incorporated into annual report and presentation to stakeholders</li> <li>- A parallel discussion with elderly participants and their facilitators</li> <li>- Caregivers of young children to discuss survey and results</li> <li>- Uploading results to research team's repository of literature</li> <li>- Sent via digital or physical communication to stakeholders and presented at monthly Community Advisory Group meeting</li> </ul>

Source: Nathan Fernandes, IDC Pilot Evaluation Practicum Report, The University of Texas Health Science Center at Houston, 2020; pp. 18-19.