## Population of Focus

- Year-round Martha’s Vineyard (MV) residents 65+: this group currently comprises 16% of the island population.
- Draft projections predict that 32% of island population will be 65+ by 2030.
- 85+ or older will increase dramatically around 2030.
- Wampanoag Tribe members, Brazilian immigrants, and the African-American community make up a large portion of year-round population.

## Discussion

### Current Service Gaps

#### Primary Care Shortage
- Long wait (months) to see primary care providers; ED used instead.

#### Non-Hospital Clinics
- Several exist, but not well-advertised or well-known.

#### Language barriers & Cultural Competency
- No in-person interpreter services.

#### Dental Care
- Only one provider accepts MassHealth, many are cash only; few handicapped-accessible clinics.

#### Maintain CORE program
- Provides much-needed mental health services.

### Service Project Summary

- **Goals:**
  - Explore issues facing elderly populations on MV.
  - Create recommendations for the Dukes County Health Council and other island organizations to promote healthy aging.

- **Progress:**
  - Interviewed healthy aging stakeholders across the island.
  - Assessed collaboration, coordination and accessibility of existing services; searched for gaps in services.

- **Outcome:**
  - Presented recommendations on senior transportation, housing, medical care, and community support.

- **Recommendations will be reviewed on November 8th by the Healthy Aging Task Force.

- **Island media coverage in both papers, online.**

### Interprofessional Network

- Conducted 30+ interviews planned by the Martha’s Vineyard Donors Collaborative, including:
  - Business owners
  - Physicians, nurses, case managers, and healthcare administrators
  - Social workers
  - Housing and transportation experts
  - Politicians and tribal elders
  - Community volunteers
  - Seniors
  - Shadowed in rural health clinic (Island Health Care)
  - Investigated how different organizations interacted with one another and the community.

### Transportation

- **Current Options for Travel On-island:**
  - Public buses and Lift paratransit
  - Private membership personal transportation services
  - Affordable housing facility; door-to-door transportation services

- **Current Options for Medical Travel Off-island:**
  - Medical Taxi: transportation to medical services on Cape Cod
  - Medicaid: transit to and from Boston, only Tuesdays
  - Many seniors still find it difficult to schedule and attend off-island appointments, particularly veterans who need access to VA hospitals in Bedford, Providence.

### Housing

- Affordable housing on MV is lacking.
- Seniors want to stay in homes, but many homes are too large or poorly designed for disability.
- Current zoning blocks multiunit housing.
- Current skilled nursing facilities are unaffordable for some.
- Nursing home models are often viewed as undesirable.

### Future Steps

### Assessment Gaps

- **Vision:** Island-wide starting point for navigating services for seniors, caregivers, and providers.
- **Future Plans:**
  - Immediate (1 year): One person full-time
  - Near future (1-3 years): Case managers for detailed guidance.

- **Potential Barriers:**
  - Funding, buy-in.

### Recommendations Summary

- **Short Term (Urgent):**
  - Develop unified mission for Councils on Aging.
  - Establish Seniors’ One-Stop Referral Service.
  - Recruit geriatricians and mental health providers.
  - Expand dental care.
  - Fund CORE in-home counseling.
  - Find/build space for Supportive Day Program.

- **Long-term:**
  - Develop language & cultural competency.
  - Improve housing options for seniors & workforce.
  - Build political environment to support growth of affordable housing.
  - Prepare for increased need for skilled nursing.
  - Explore clinician recruitment incentives.
  - Support independent living & family caretakers.
  - Establish Gatekeeper & Volunteer Stop-at-Home programs.

- **Expand transportation & health clinics.**

## References

- Arianne “Cuff” Baker, Kelli Paice, Ismael Rivera, Caroline Royer, and Malgorzata Smas, RN
- Aged 65+ of Martha’s Vineyard.
- Martha’s Vineyard Donors Collaborative.
- Peter Temple
- University of Massachusetts Medical School, Worcester, MA

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## Additional Programs

- **Expand Supportive Day Program:**
  - Provides social support for elders with dementia in safe, supervised setting; respite for caregivers.
  - Urgently needs a facility to provide safety, consistency, and room for expansion to medical/social model.

- **Create a Volunteer Stop-at-Home Program:**
  - Trains community members to stay alert to changes in health and safety of elders in community.
  - With One-Stop, gives a number to call when there is concern about an elderly resident in unsafe/unhealthy situation.

- **Develop One Mission for Island’s Councils on Aging:**
  - Success will require unified mission among 4 Councils.
  - Coordination will improve efficiency, quality, and breadth.