LTC: Let's Take Care

August 2005

For more information about Connecting Caring Communities visit:

www.MilwaukeeCCC.org

Perspectives on Aging Film Series

Facilitator's Guide

LTC: Let's Take Care

A product of
Connecting Caring Communities

10. Coalition of Wisconsin Aging Groups. A non-partisan statewide grassroots advocacy organization concerned with the issues affecting older persons and their families. For assistance, membership information, or a free brochure call 1-800-366-2990 or visit www.cwag.org

11. Aldermen and other City Elected Officials. To access a current listing with individual contact information, visit: www.milwaukee.gov and click on City of Milwaukee.

12. Milwaukee County Supervisors. To access a current listing with individual contact information, visit: www.milwaukee.gov and click on Milwaukee County.

13. "Older Driver Skill Assessment and Resource Guide: Creating Mobility Choices." Produced by *AA*RP. Call toll free 888-687-2277 to request a free booklet (request stock number D14957).

Suggested Resources

1. "Elderlink: The Resource Center for Older Adults." Operated by Milwaukee County Department on Aging. For assistance, information, or a free brochure call 414-289-6874.

2. Interfaith Older Adult Services. Provides programs and support services to older adults and their families. Call 414-291-7500 or visit www.interfaithmilw.org.

3. Community Care. Provides health and social services to older adults. Call 414-385-6600 or visit www.cco-cce.org.

4. Senior Centers in Milwaukee County. Operated by Milwaukee County Department on Aging. A current list is retrievable from: www.milwaukeecounty.com/seniorcenters.html

5. Senior Meal Sites in Milwaukee County. Produced by Milwaukee County Department on Aging. Call Elderlink at 414-289-6874 to find a site nearest you. A list of sites is also retrievable from: www.milwaukeecounty.com/mealsites.html

6. "RSVP" a nationwide volunteer program for adults age 55+. Locally operated by Interfaith Older Adult Programs. For more information call 414-220-8651.

7. SDC Senior Companion Program. Operated by Social Development Commission. Call 414-906-2700 to request a free brochure.

8. Milwaukee County Transit System. For bus route, schedule, and fare information call 414-344-6711.

9. Transit Plus. A transportation service for individuals with a disabling illness or condition that prevents them from using Milwaukee County's buses. For information about qualifications, costs, and services, call 414-343-1700.

Connecting Caring Communities

Connecting Caring Communities (CCC) is a partnership of over 200 organizations working together since 2002 to strengthen the system of long-term care for Milwaukee County's older adults. Their shared vision is that all of us will work together to improve the care and services available to older adults. The goal is to create a community where older people are able to draw upon and contribute to the resources of their neighborhoods and the community at large. When older people need long term care, it should be available, easily accessible, affordable, and of high quality.

These short films and discussion guide are products of Connecting Caring Communities, with special funding from the Greater Milwaukee Foundation. The films were produced and directed by students at the University of Wisconsin – Milwaukee, with guidance from the CCC Communication Executive Council. The films are intended to highlight some of the successes and challenges facing older adults in Milwaukee County and spark discussion about long-term care.

Connecting Caring Communities

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Milwaukee County Department on Aging

DISCUSSION QUESTIONS

Brian by Clint Chilcott

(4minutes 49seconds)

1. One in four Americans age 75 and older report some form of impaired vision, even when wearing glasses or contact lenses. Describe how impaired or lost vision affects one's daily activities and independence. How did Brian adapt?
2. What activities in the community does Brian participate in because he has successfully adapted to his vision loss?
3. What affect does a positive mindset have on quality of life? How does Brian's positive outlook help him cope? How did it help him overcome losing his ability to drive?
4. Many older adults fear losing their ability to drive because it means a loss of independence. Do you believe this to be true? Why or why not?
5. Was it significant that Brian decided to stop driving as opposed to another person taking this away from him? Why?
6. If you were unable to drive but wanted to stay connected to others and engaged in meaningful activities, what are your options? How would you cope?
7. What does transportation represent to Brian?
8. Brian stated that remaining connected to others is particularly important during retirement. Why would this be so? What opportunities are there in the community for seniors to remain socially connected to others?
9. Brian regularly attends the Washington Park Senior Center. What opportunities does a senior center provide? Has this film changed your perception of senior centers? Why or why not?
10. What do you think is the moral of the story?

DISCUSSION QUESTIONS

Flying Solo by Eric Gerber

(6minutes 15seconds)

1. Patricia says that she enjoys being old. Do you, or will you, enjoy being old? Why or why not? What challenges and opportunities come with later life?
2. Patricia strongly dislikes the idea of living with one of her children. Discuss the pros and cons of living with adult children later in life.
3. Describe the types of community-based services Patricia uses and the benefits that they bring to her life. What services have you found to be particularly useful?
4. Discuss the relationship between Patricia and her senior companion, Cassie. What do they gain from each other?
5. What personality traits does Patricia have that help her adapt so well to her physical and financial limitations?
6. Living on a fixed income, like Patricia, is a big adjustment for many older adults. What coping strategies has Patricia used to adapt? What strategies have you, or will you, use?
7. Patricia states that the young people in the Native American community help and respect their elders. Based upon your own personal experiences, describe how your ethnicity or race has influenced your experiences in later life.
8. Do you believe there is any shame in asking for assistance during later life? Why or why not?
9. What do you think is the moral of the story?
10. Discuss the significance of the film's title, "Flying Solo". What steps could a person in their 50's or 60's take to prepare for the possibility of flying solo later in life?

Notes to Facilitator

Each of the short films featured on the DVD is a case study of how one individual or family dealt with long-term care issues. Your role as facilitator is to help others learn from these stories by leading a discussion and providing additional resources.

Long-term care is defined by Connecting Caring Communities as any type of ongoing support provided to people age 60 and older, regardless of where the support is provided or who provides it. Long-term care must be tailored to each individual, depending upon the person's needs and resources. These films are intended to spark discussion about long-term care and should not be regarded as a "formula" for success.

The films were designed to be short (4-8 minutes each) so that they may be used in a variety of settings. The exact length of each film appears above the discussion questions on the next several pages. Whether viewing one film or several films, it is recommended that you hold a discussion immediately following each film in order to focus discussions while the issues are fresh in people's minds.

Ideally, discussion groups should have 6-8 people. If your group is larger than this, you should break into smaller groups so that everyone has many opportunities to speak. The questions provided within the Facilitator's Guide and Discussion Guide are meant as a starting point for discussion. You do not need to address all of the questions provided, nor do you need to answer them in any order. Feel free to adapt the discussion to fit the needs and concerns of your particular group.

As facilitator, you should prepare for the gathering by: preparing the room and equipment; viewing the films in advance; familiarizing yourself with the discussion questions; and gathering supplemental resources. Make certain that everyone will be able to easily see and hear the films. Gather supplemental resources in advance, including the Discussion Guide, and have enough copies

for all participants. A list of suggested resources is provided at the back of this guide. Feel free to use your own local resources in addition to those listed.

Following is an example of how you might organize a one hour viewing and discussion. Feel free to adapt this agenda to suit your specific group.

10 minutes	Participants gather and socialize with refreshments
5 minutes	Facilitator welcomes everyone, introduces the film, reviews the agenda, and distributes copies of the Discussion Guide
5 minutes	Participants introduce themselves
5 minutes	View one film
30 minutes	Discussion
5 minutes	Facilitator thanks everyone for participating and distributes resources that relate to the film

If you would like to preview the films or learn more about Connecting Caring Communities, please visit the partnership's website: www.MilwaukeeCCC.org

DISCUSSION QUESTIONS

It Takes a Village by Michael Vollmann

(8minutes 0seconds)

1. Dave, the Sherman Perk coffee shop manager, was in a good position to notice warning signs of elder abuse. Who else in the community might be in a good position to notice something is wrong?
2. What were the initial warning signs that alerted the neighborhood to Ralph's situation? What other potential warning signs might you look for?
3. Who became involved with helping to resolve Ralph's situation? What's the significance of the film's title, "It Takes a Village"?
4. Do you feel that you have a role in helping seniors who might be in trouble? Describe your role. Do you consider yourself to be an advocate? Why or why not?
5. Wisconsin law recognizes four categories of elder abuse: physical abuse, material abuse, neglect, and self neglect. What type(s) of abuse did Ralph suffer?
6. If you became aware of a potentially abusive situation, what could you do to help?
7. Who is the hero in this story?
8. What do you think is the moral of the story?
9. In today's fast paced society, some people argue that we have lost our sense of community. Do you agree or disagree? Why?

DISCUSSION QUESTIONS

With a Little Help From the Band by Andrew Klubertanz

(6minutes 3seconds)

1. Approximately 10% of people age 65 older and nearly 50% of people age 85 and older have Alzheimer's disease. Do you know someone who has been affected by this disease?
2. What was Frank's response to his wife's diagnosis? How did his wife's disease affect Frank?
3. Frank felt that he could handle being the primary caregiver for his wife. What did this role involve? Do you think he made the right decision? Why or why not?
4. When his wife died, Frank became a widower struggling to cope. What did he do to cope with the loss of his wife? What resources or programs helped Frank re-engage with life?
5. During his grieving process, Frank came to a very significant realization. What was it?
6. What role did volunteering play in Frank's recovery? Do you volunteer? What do you gain from it?
7. What was Frank's initial emotional response to his wife's death and how did it change over time? Have you experienced the loss of a spouse or loved one? What community resources were helpful to you?
8. Frank volunteers at a local meal site for people age 60 and older. What benefits does a meal site offer? Where is the closest meal site to your home?
9. Frank is actively involved in the harmonica club at the 55+ Senior Center. How does he benefit from this club? How important is belonging to a group? Why?
10. What do you think is the moral of the story?

DISCUSSION QUESTIONS

Nina and Henrietta by Ben Krutzik

(8minutes 26seconds)

1. When Henrietta moved in with her daughter's family, how did this affect Henrietta? Nina? Nina's family?
2. Do you think Henrietta's decision to move in with her daughter's family was a good one? Why or why not?
3. Henrietta's husband passed away and this prompted her to move in with her daughter Nina. Have you personally lost a spouse or loved one? Did the death prompt any changes in your life?
4. Nina and Henrietta have found several resources in the community to be very helpful. What services do they use and what were the benefits to Henrietta? Nina?
5. Henrietta has a senior companion. Why was this important to her? What benefits does a senior companion provide? Do you have a companion or can you envision a time when you might use one? After viewing this film, would you consider using a senior companion?
6. Henrietta frequently uses Transit Plus for transportation. What benefits does this service provide? Have you ever used Transit Plus? If you could no longer drive, what transportation options would you use?
7. Henrietta frequently visits Washington Park Senior Center. What opportunities do senior centers provide? Have you ever visited a senior center? After viewing this film, would you consider using a local senior center? For what purposes?
8. Henrietta is 83 years old and has several major health problems. How is she remaining active and engaged in society?

9. Nina is part of a segment of our society that is often referred to as the “sandwich generation”. What do you think that this means? Are you or another member of your family a part of the sandwich generation? If so, describe your family’s situation.

10. Caring for others is an endless, stressful responsibility. Relief from caregiving is often referred to as “respite care”. How does Nina get respite from her daily caregiving responsibilities? How important is this respite to Nina? Nina’s family? Henrietta?

11. Nina states in the film that she was unexpectedly “thrust” into this situation with her mother. In hindsight, what could she have done to better plan for her mother’s long term care needs? What steps have you taken to prepare for your parents’ future needs or your own?

12. What do you think is the moral of the story?

DISCUSSION QUESTIONS

Senior Warrior by William Hartin

(7minutes 42seconds)

1. What did the stop and go light represent to Esther and the other neighborhood residents?

2. Do you believe an individual can bring about change in the community? Why or why not?

3. If you identified a problem in your neighborhood, what initial step(s) would you take to resolve it? Who would you turn to for help?

4. What are some other examples of seniors organizing themselves to bring about change locally? Statewide? Nationally? What issues are these groups currently addressing?

5. What are some benefits an individual gains from group participation? What groups have you participated in?

6. What does the term “advocacy” mean to you? Do you consider yourself to be an advocate? Why or why not?

7. To Esther and the other neighborhood residents, access to the bus line was key to maintaining their independence. What is key to maintaining your independence? How important is transportation to you?

8. What do you think is the moral of the story?