



Overview of 2013 Senior Center Social Workers Add

Wednesday July 10, 2013 | Human Services Department | Catherine Lester, Interim Director

Mayor Mike McGinn
Deputy Mayor Darryl Smith

General Overview

- Increased need for social work services at the nine Seattle Senior Centers identified late 2012
- City Council allocated additional \$150,000 (\$16,667 per center) to be administered by HSD Aging and Disability Services Division
- Contracts in place February 2013
- Some Centers expanded services; others added new service
- Services include
 - individual (home and center based) and group counseling
 - increased programming
 - increased outreach

Ballard NW Senior Center

- Established social work program which promotes and enhances well-being (mental, physical and social) of seniors and family members in the Ballard, Magnolia and Northwest geographical areas of Seattle.
- Increased funding allowed Ballard NW's social worker to make an additional 8 home visits, 48 client sessions, and 40 phone contacts so far this year.
- Social worker also expanded other services including the fall prevention program, family caregivers class, and classes focusing on a healthy memory, senior wisdom, and flourishing throughout life.
- Social worker is also establishing a relationship with Swedish Ballard Hospital to develop and collaborate on a community outreach program for the isolated community elders.

The Central

- No pre-existing social work program serving the Senior population, although they had an established Kinship program serving grandparents caring for their grandchildren.
- With additional funding, The Central hired a social worker in May.
- In the two months since the social worker was hired, nine seniors were served and three new group classes are being formed –
 - Walking and Talking
 - Aging and Wellness
 - Alzheimer’s support group.

Greenwood Senior Center

- Additional funding added to already robust social work program.
- Greenwood's social worker provides support groups, family consultations, individual counseling, and short term and emergency care coordination.
- Increased funding allowed the social worker to provide seven support groups a month –
 - Adult daughters caring for their mothers
 - Early stage memory loss (for individuals with dementia)
 - Early stage memory loss for caregivers
 - Parkinson's partners
 - Senior adult parents of adult children with mental illness
 - Living alone
 - Well spouse

International Drop-In Center

- IDIC serves Filipino and Asian Pacific Islanders in the greater Seattle area. Prior to City of Seattle funding, IDIC had an informal social work program.
- With additional funding, IDIC was able to serve 27 individuals and their families.
- The social worker helps families with immigration and naturalization issues, benefits applications, end-of-life counseling and arrangements, etc.
- The social worker also works collaboratively with staff from Asian Counseling and Referral Services so services are seamless and not duplicative.

Pike's Market Senior Center and Food Bank

- Pike's Market had a very well established social services program prior to City of Seattle funding, serving the homeless population in downtown Seattle.
- The goal of the program is to improve client stability and well-being by helping clients apply for and enroll in government financial and healthcare benefits programs, and coordinating the many steps on the long journey from homelessness to affordable housing.
- With the increase in funding, the social worker was able to help an additional 45 clients access needed services over the past few months.

Southeast Seattle Senior Center

- Southeast had a social worker in the past who was cut due to budget constraints.
- The mission of the social work program at Southeast is to enhance the health and wellness of aging adults and their family members in the SE Seattle area through care coordination, advocacy, community resource referrals, and cultural competency.
- With additional funding, Southeast hired a new social worker in February to provide social work services 12 hours per week.
- In the past 5 months, the social worker provided 83 center visits, 52 phone contacts, and 3 home visits with center members, community members, and family members. The social worker also organized resource and educational events and gives presentations and workshops to members.

South Park Senior Center

- South Park Senior Center did not have an established social work program prior to City of Seattle funding.
- With additional funding, South Park hired two social workers in February at 5 hours a week each. One social worker speaks Vietnamese and the other is fluent in Spanish.
- In the past five months, the social workers provided 18 home visits to 10 clients, and also concentrated efforts on outreach to past center members and home-bound seniors.
- The social workers help seniors with isolation issues, significant difficulties maintaining their households, unemployment, poverty, urgent financial needs, housing needs, cultural adjustment stress, family conflict, and health concerns.

Wallingford Community Senior Center

- Wallingford did not have an established social work program prior to City of Seattle funding.
- Wallingford hired a social worker in May providing services 10-12 hours per week and has completed 15 in-home visits to 10 different seniors.
- Wallingford plans to expand their social work program by utilizing a UW School of Social Work advanced MSW intern.
- The vision for the social work program is that the social worker will provide individual appointments for assessment and counseling services, community referral and resource navigation, as well as reserve time for group facilitation and programming support.

The Senior Center of West Seattle

- West Seattle had an established social work program prior to City of Seattle funding.
- The additional funding purchases 8 more hours of social work services which translated to an additional 8 more home visits.
- With the increased hours, the social worker was also able to expand the volunteer visitor program. The program matches vulnerable elders to volunteers who help with shopping, transportation to medical appointments, minor home repairs, and general friendly visits.

Summary

- The additional funds allocated by the City Council have allowed each center to expand or develop much needed social work services.
- Each center has done a tremendous job at using the funds to best support their immediate community which collectively has made a better Seattle for our seniors.

Questions and Comments

