



**Los Ancianos: Seniors Serving Seniors<sup>3</sup>**  
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## Los Ancianos: Seniors Serving Seniors<sup>3</sup>

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Phoenix, Arizona

Federal Legislative District(s) 9, 24

### PROGRAM FAST FACTS

**Congressional District(s): 3-7**  
**State Legislative District(s): 4, 6-22**  
**Service Area by County/City: Maricopa**  
**Project Federal Share: \$84,056.00**  
**Project Local Match: \$36,346**  
**Community Volunteers Recruited: 42**  
**Volunteer Hours Served: 1,295**  
**Value of Volunteer Hours: \$29,163.00**  
\*2013 Independent Sector Rate for the Value of a Volunteer Hour in Arizona is \$22.52

### Community Need

Hundreds of homebound older adults and adults with disabilities have been placed on a growing waiting list for services that can make the difference between their ability to remain independent at home or be forced to move to long term care facilities. As well, a recent needs assessment conducted by Area Agency on Aging, Region One identified an ongoing need for health promotion services targeted to accessing and maintaining the independence and health of older adults. Surveys of older adults in Maricopa County reveal alarming findings related to weight and obesity, chronic disease, and mortality rates due to falls. The goal of the program is to improve the health and quality of life of older adults through three approaches: 1) by providing basic in-home services to homebound individuals, and 2) by creating "wellness centers" at 9 senior centers in Maricopa County.

### National Priority Area and Program Performance Goals

#### National Priority Area: Healthy Futures

- **Improve the health of 150 adults with chronic diseases**
- **Provide social support for 150 homebound older adults and 500 Adult Protective Service clients to enable them to live independently longer**

### Program Activities

AmeriCorps Members and volunteers are trained and assigned to the Agency to provide new or enhanced services in clients' homes and in senior centers. Activities include friendly visits and phone contact, grocery shopping, and coordination of need transportation. Through collaboration with local hospitals, members and volunteers help recently discharged patients avoid readmission by providing services such as prescription pick-up and ensuring that follow-up doctor appointments have been scheduled. Other members and volunteers facilitate fitness classes, health promotion and educational activities that include a variety of health screenings and implementation of evidenced-based workshops at "wellness centers" in rural, minority, and/or low income senior centers in Maricopa County.

### Program Impact

Through the Los Ancianos project, last year over 200 homebound adults received services that can help them remain living independently in their own home, and 250 "wellness center" participants had the opportunity to improve their health through the activities provided at the senior centers. Los Ancianos also provided AmeriCorps Members and volunteers a rewarding experience by giving them the opportunity for personal enrichment and satisfaction in providing meaningful services that enhance the health, wellbeing and quality of life for adults.



In the past year the Senior and Adult Services Division (SAIL) has provided care coordination for more than 4,500 individuals 60 years of age and older. Referrals have increased by 12% creating significant stress point on the service delivery system. This calls for the need for alternative resources. The AmeriCorps Los Ancianos program has offset many unmet needs faced by the community through the efforts of dedicated AmeriCorps staff ensuring 200 aging individuals were provided transportation to doctor's appointments, the pharmacy, and the grocery store. The program also is able to provide an aging person  
**(continued on the next page 2<sup>nd</sup> column)**

# Cont. Los Ancianos: Seniors Serving Seniors<sup>3</sup>

## Mission

The Area Agency on Aging, Region One is a non-profit organization that advocates, develops and delivers essential services to enhance the quality of life for older adults, persons with disabilities, people with HIV/Aids, and caregivers.

## Vision

“To be recognized community leader that connects older adults, persons with disabilities, people with HIV/AIDS, and caregivers with a wide variety of services that promote maximum independence, choice and dignity.”

## History

The Area Agency on Aging, Region One is a 501(c)(3) non-profit organization serving over 40 years, that plans coordinates, develops, funds, administers, and delivers services and programs for: adults 60 years of age and older; adults aged 18 and older with disabilities and long-term care needs; adults aged 50 and older with special needs such as domestic violence and mental health; family caregivers, and persons aged 18 and older who have HIV/AIDS. Hundreds of dedicated volunteers and professionals throughout the community collaborate with the Agency to deliver home and community-based services: operate senior centers; provide information, assistance and education; protect elder rights; and offer older worker and volunteer opportunities. The Agency is accredited for Children and Family Services since 2006. In 2008, the National Association of Area Agencies on Aging selected the Agency from among 629 area agencies nationwide to receive its top award for leadership as an innovator in Aging Programs. In 2012 the Los Ancianos program received a National Innovation Award from the N4a. The Agency has a long and enduring relationship with National and Community service programs.

## Partnerships

The Los Ancianos partners include Escalante, Gilbert, Glendale, North Tempe, Guadalupe, Salvation Army, Peoria Senior Centers, Paseo Abeytia, Caesar Chavez Foundation Housing. In addition to state, federal and local government entities, we partner with 40 sub-contracted agencies providing programs and services to Maricopa County residents.

## Program Impact (continued)

who is battling depression the opportunity to have a friendly visit with a staff member 55 years or older. The provision of these cost effective services has proven to have significant impact on individual’s ability to remain living in their own home without the fear of being completely homebound. The services provided help us work together to close the service delivery gaps for the individuals that we both serve. Before Mary joined AmeriCorps she was sick in the hospital with COPD. In addition she had reached a weight of about 375 pounds. Neither her heart nor her brain were getting oxygen. After she went home she was on oxygen all of the time. She was down both physically and mentally for a year or more. It was degrading for her to be out in public. With support she lost weight and began to breathe better. As she got better she needed something to make her feel a part of life again. When she was young she desired to join the Peace Corps, but it didn’t work out. She got a second chance with AmeriCorps. It was the best thing that happened to her in a long time. She was amazed at how much better her life became as she was able to be of service and do things for others. In giving of herself for people who have no one else, she felt alive again, realizing that there really are many nice people in the community and that she might be the best thing in their lives. She made new friends in the clients that she met and other AmeriCorps Members who are great people. The stipend she receives helps with finances, and she can use the education award for student loans. She has a purpose in life, and most of all she has regained her dignity.

**Other** After five years, over 1100 homebound people have remained living at home with improved quality of life. Well over 5000 fitness sessions have been held for more than 1000 participants with a consistent average of 90% showing improvement in at least one health measurement. They report better balance, greater strength, more flexibility, better mind function and improved spirits. They participate in Healthy Living workshops, Matter of Balance workshops, healing drumming circles, social activities and more.



