



# CREATING A CARING COMMUNITY TOGETHER: A Partnership Model for Community Engagement & Empowerment



Developed in  
collaboration with



**The level of collaboration and information sharing in my community and work place  
is...**

## The connection between Israel and the Diaspora is

The same as I remember in  
the past

Becoming a strong and  
significant factor in the lives  
of people on both sides

Appears to be strained and  
weakening

# A Global Challenge for the Next Century



Aging and Illness:  
Living on the continuum of engagement and isolation

# Partnership

in the age of global information sharing

# Global Jewish Community: How we cultivate, leverage and maintain connection?

- Shared Values
- Mutual Obligations
- Shared Platforms

# Creating a Caring Community Together

- Initiate and promote a shared conversation between Israel and Diaspora communities around social needs
- Offer a framework that supports dialogue and conversations between communities
- Create a bond which is based on Jewish values of caring and compassion, and mutual obligation

# Our Mutual Challenges Will Benefit from Shared Solutions

The modern State of Israel offers a “start-up”, nimble and creative environment

US and Diaspora communities have vast collective experience, access to resources and greater “numbers”



# OUR AGING WORLD

2010: over 40 million people age 65+

Anticipated increase 5-8 % every 10 years

2017: 47.8 million people over 65+

2060: estimated 98 million people 65+

## AGING IN ISRAEL (2018 8.45 million)

2016 978,400 people 65+

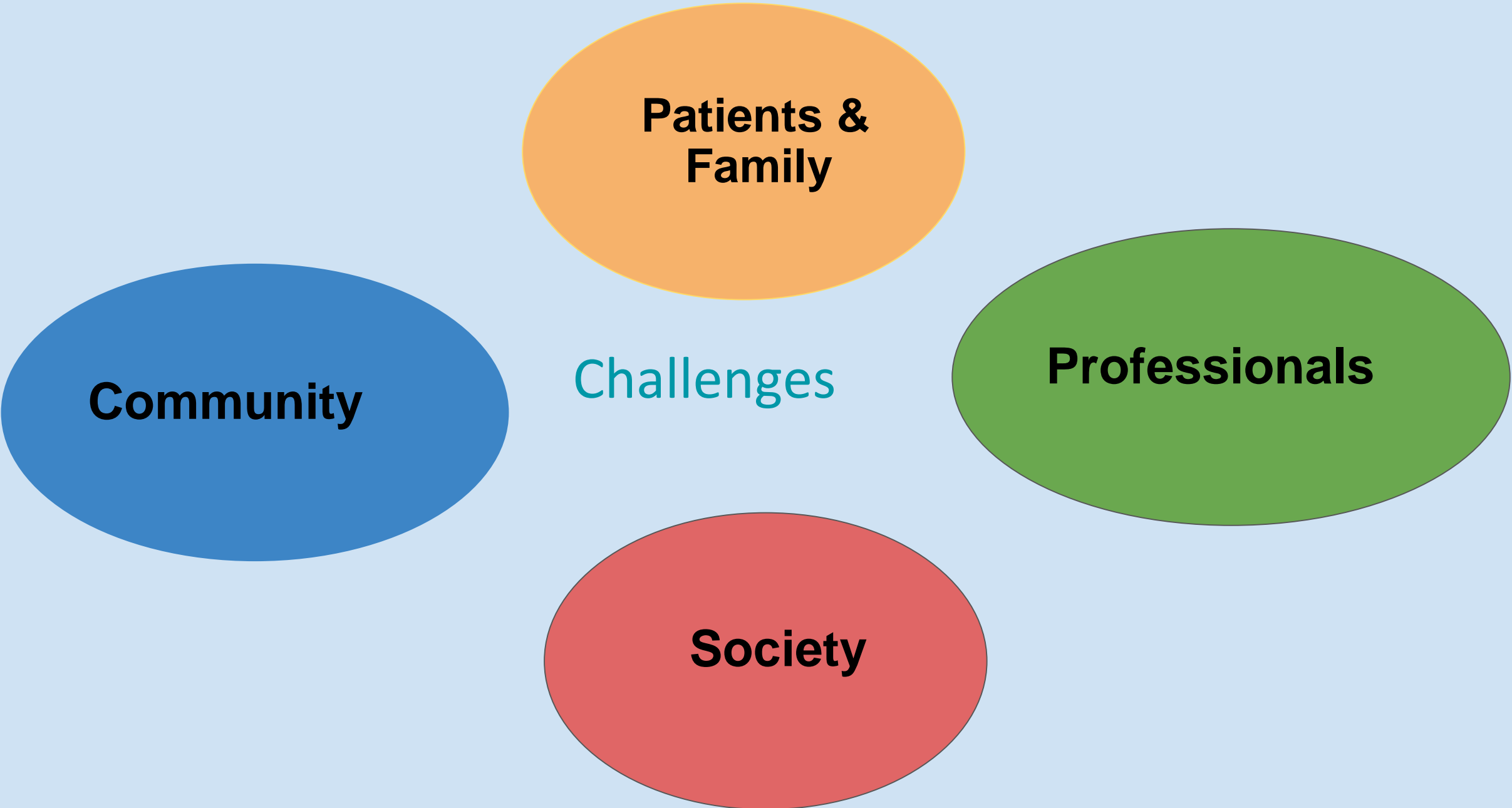
2035 1.75 million people 65+

2045 80+ with high nursing and medical needs  
expected to increase 4.8% among total elderly

# Aging and Chronic Illness Worldwide (2012)

60% of older adults managed 2+ chronic conditions which lower quality of life and often result in death

- Heart disease
  - Cancer
- Chronic bronchitis or emphysema
  - Stroke
  - Diabetes
- Alzheimer's disease



# Open Space Sharing Activity

What are the challenges or concerns that you are facing in the areas of *Professional, Society, Patient and Family, Community* ?

Find a work-buddy

Each of you, please list 2 challenges in each of these areas

Travel the room and share your ideas on post-its on the 4 posters

Do any of the thoughts you see offer you new ideas?

Let's gather together and share some solutions and experiences that respond to these challenges

# Challenges



## **Patients & Family**

How do we offer quality of life and meaning during illness and at life's end?

How can families cope with the strain of living with/caring for an ill or declining loved one?

# Definition of Health Related Quality of Life (HRQL)

- Aspects of quality of life that directly relate to one's health
- Included the domains of physical, psychological, social, spiritual and role functioning as well as general well-being

Spilker and Rivicki 1996

## The following gives my life meaning

connection to family  
members

my spiritual world

work and career

my communal life

hobbies and leisure activities

connection to nature





## My greatest concern about the end of my life is...

Being alone

Being a burden to others

Not having proper care

Pain and discomfort

Not saying goodbye to those I love

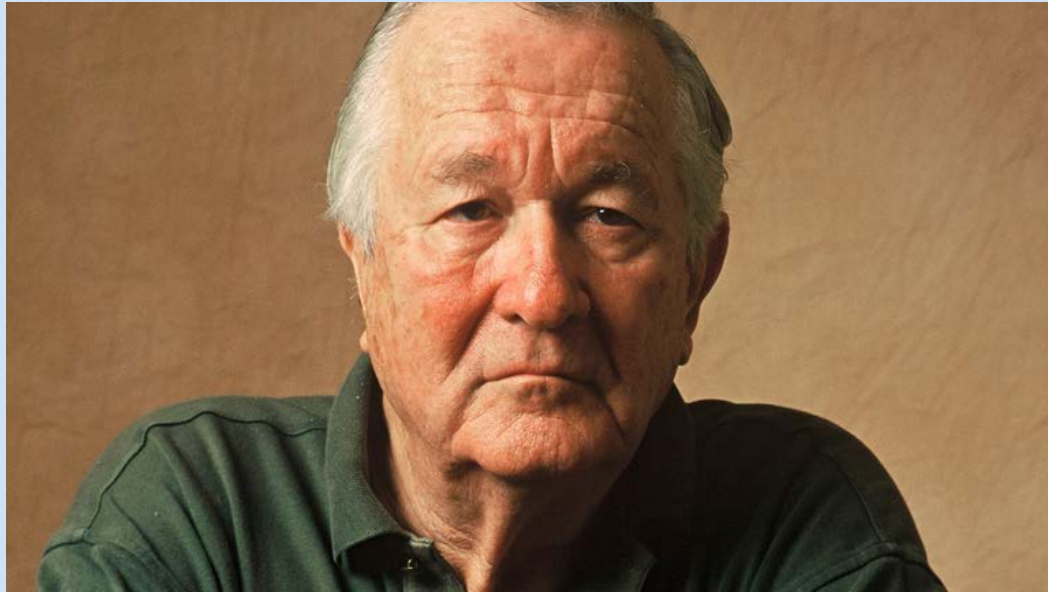
"Unfinished business"

“In medicine we prioritize health, safety and survival. We often sacrifice the very reasons people want to be alive.”



Atul Gawande

“It is hopelessness even more than pain that  
crushes the soul”



William Styron

# Hope and Meaning

- Moving away from the “hope=cure” paradigm
- Life’s Door Hope-Enhancement Project (Tel Aviv U., Mayo Clinic, Johns Hopkins, Duke, NCI, Metro-West Region, Greek Medical Society...)
- Health professional training to address burnout and shift dialogue with patients
  - Patient engagement in active goal setting and hope building

# Challenges



How do we address the growing needs of the aging and ill in our midst?

How do we include people with limitations caused by illness or due to normative aging in communal life?



# Loneliness

Pew Research (2009)

1 out of every 6 Americans over 65  
described their lives as lonely





# Social isolation

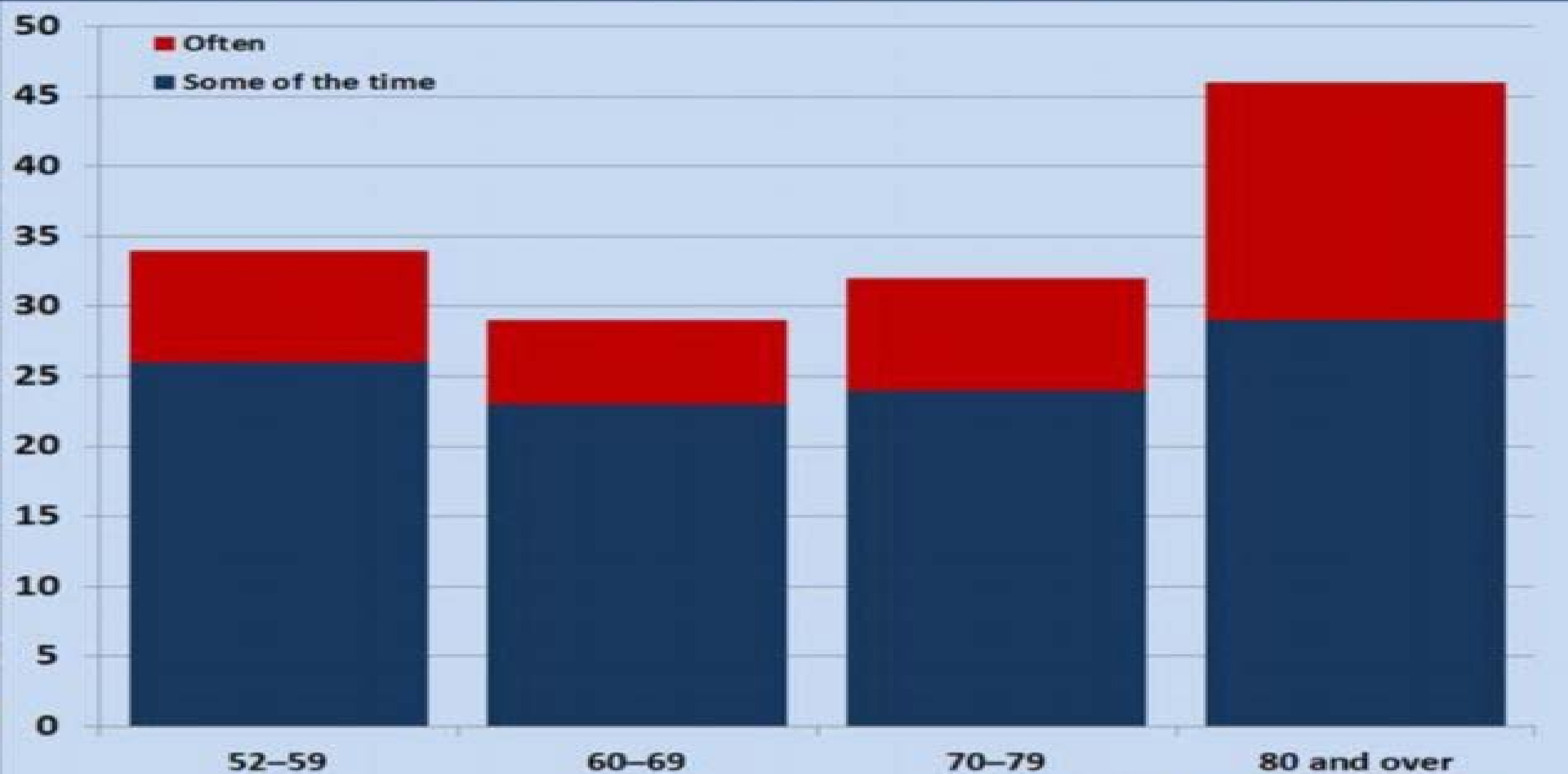


- Social isolation is a major and prevalent health problem among community-dwelling older adults, leading to numerous detrimental health conditions.
- Prevalence of social isolation in community-dwelling older adults indicate that it is as high as **43 %**, ranging from 10 to 43 % (Nicholson et al., 2010; Smith & Hirdes, 2009)
- Definition:
  - **"a state in which the individual lacks a sense of belonging socially, lacks engagement with others, has a minimal number of social contacts and they are deficient in fulfilling and quality relationships" (Nicholson, 2009)**

## Loneliness (US Administration on Aging)

- 28% of Americans over 65 live alone; for women- 46% live alone
- People over 65 have an average life expectancy of almost 20 more years.
- While 72 percent of men over 65 are married, only 45 % of women are married; 37 % are widows.
  - Almost half of women over 75 live alone.

# HOW OFTEN PEOPLE SAY THEY FEEL LONELY



Frequency of feeling lonely: by age group 1, 2009-10

# Challenges



How do we maintain motivation, creativity and sense of purpose as caregivers? How can we gain skills and tools for best practice?

# Compassion Fatigue & Professional Burnout

- Exhaustion
- Reduced ability to feel sympathy & empathy
- Anger and irritability
- Increased use of alcohol and drugs
- Dread of working with certain clients/patients
- Diminished sense of enjoyment of career
- Absenteeism
- Disruption to world view, Heightened anxiety or irrational fears
- Intrusive imagery or dissociation
- Hypersensitivity or Insensitivity to emotional material
  - Difficulty separating work life from personal life
  - Impaired ability to make decisions and care for clients/patients
  - Problems with intimacy and in personal relationships

# I feel supported in my work environment

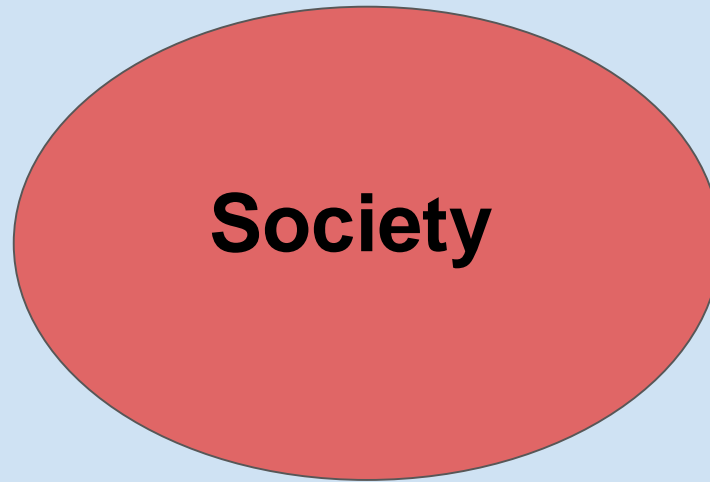
Extremely

Moderately

Hardly

Not at all

# Challenges



How do we engage in dialogue that addresses fear and denial? Do we have the resources to meet the growing needs?



# Illness and End of Life

Fear, stigma, confusion and denial lead to lack of planning and failure to effectively harness resources for hope and resilience

# Segmentation and Specialization vs Integration and Holistic Models of Care

# Economics of Old Age

Medical Decision Making

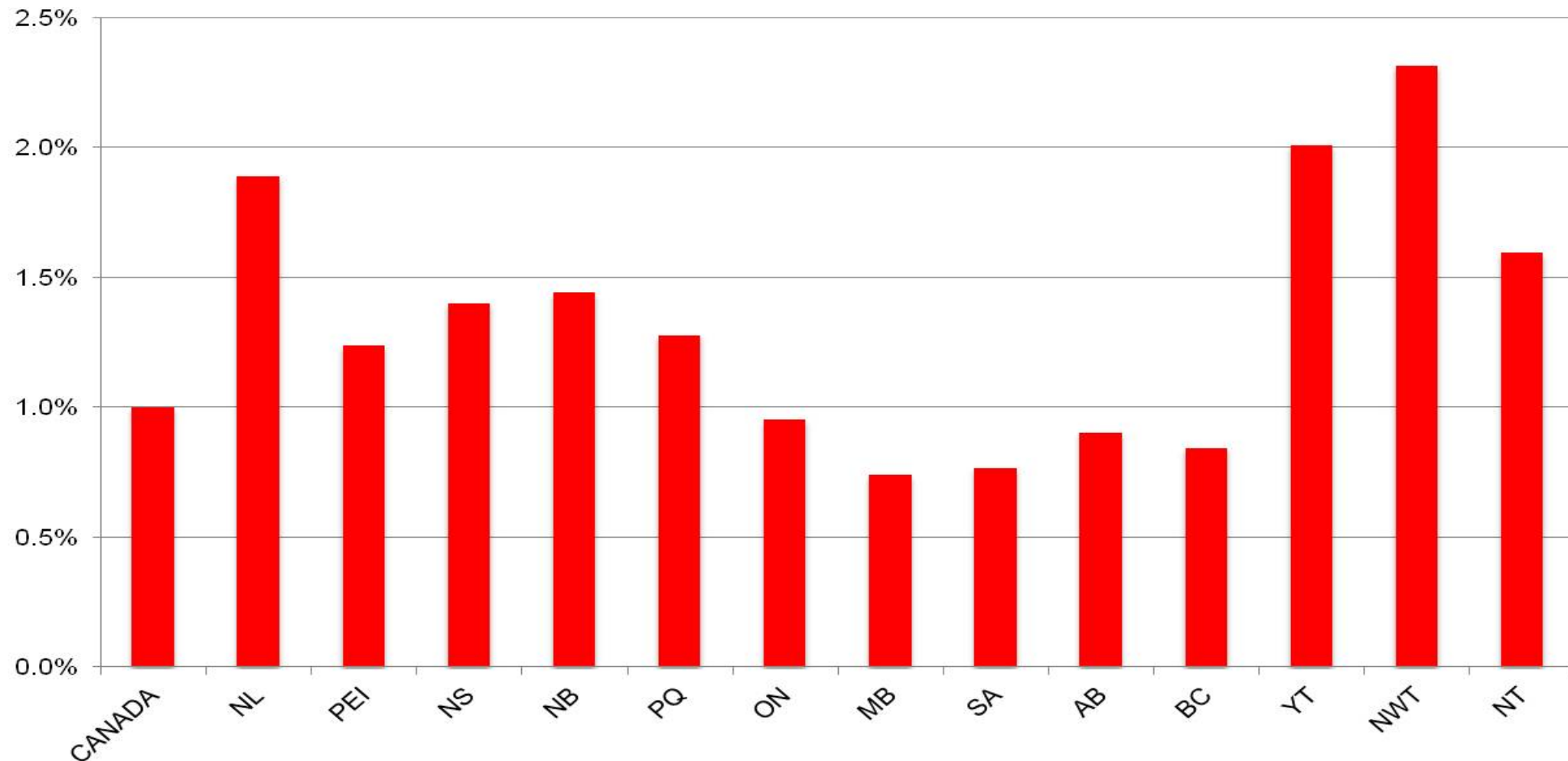
Cost-benefit

Values

Advanced Planning and Communication

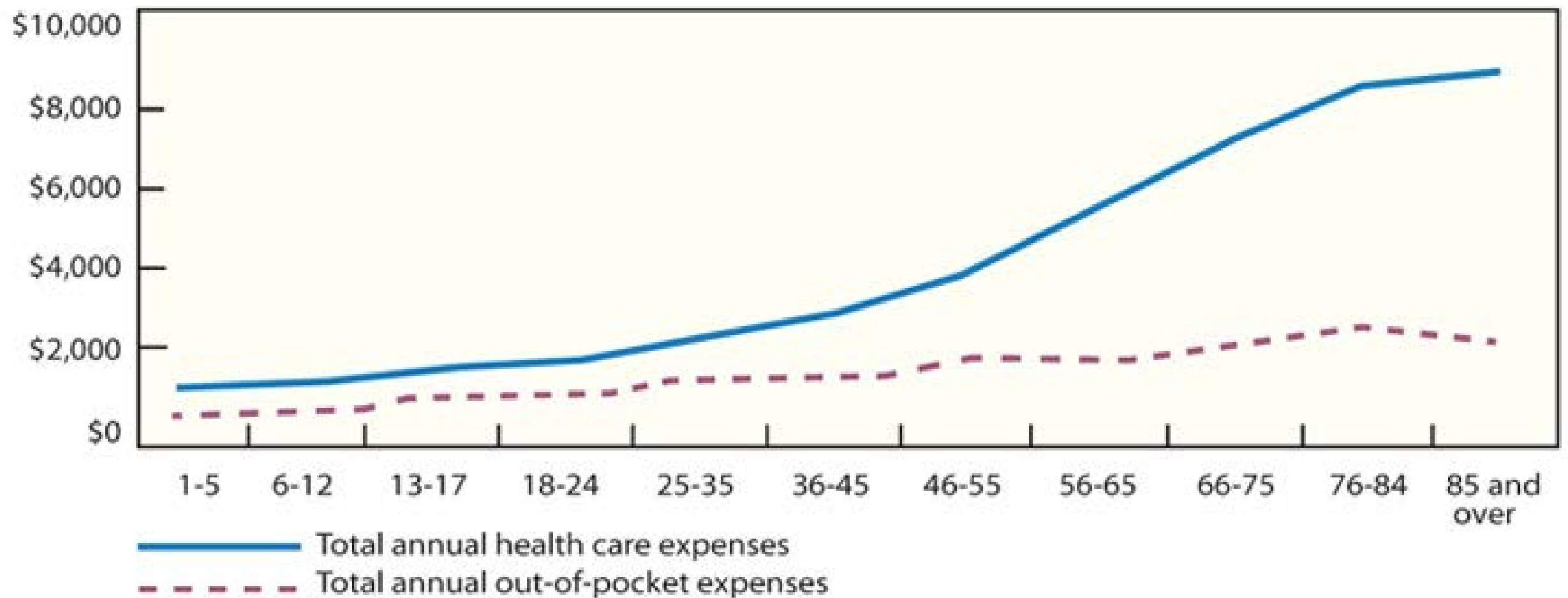
# Impact of aging on health care costs - 2010 to 2036

Annual growth rate attributable to changing age composition of population



Mackenzie and Rachlis 2010. P43. Sources: Projected population by age group and sex according to three projection scenarios for 2010, 2011, 2016, 2021, 2026, 2031 and 2036, at July 1, Statistics Canada, Cat. No 91-520-X, June 2010, projection M4. National Health Expenditure Trends, 1975 to 2009, Canadian Institute for Health Information, Ottawa, Ont.: CIHI, 2009. Note: CIHI data gets updated on a regular basis. For the latest available information please visit website ([www.cihi.ca](http://www.cihi.ca)) or contact their media team at [media@cihi.ca](mailto:media@cihi.ca).

**Figure 3:**  
**A Person's Health Care Spending Increases with Age**



Source: U.S. Department of Health and Human Services and Agency for Healthcare Research and Quality, Medical Expenditure Panel Survey, 2002.

# the conversation project

Changing the public discourse about illness and end of life



1. Have I given thought to my care and living needs during times of serious illness or when I will be dying?
2. Have I identified people in my life who I want to enable me to meet my needs and expectations?
3. Have I communicated these wishes and desires to the people whom I want to entrust to carry out these wishes?
4. Have they agreed? Do they have access to my documentation
5. Do I have a medical advance directive?



# WHAT IS Creating a Caring Community TOGETHER?



**Creating a Caring Community Together** offers synagogues, social service agencies and community centers a vibrant platform that enables communities to enhance the lives of those who are ill or aging. CCCT provides exposure to and training in state of the art programs, on-going education, and

resources for healthcare professionals, lay leaders and volunteers. CCCT links Diaspora communities with change makers and peers in Israel, fostering a global community of caring.

As a host organization you will share in the CCCT model which will enable your community to

- Develop or expand community volunteer programs
- Train leaders in programming to improve the quality of life for community members facing aging or illness
- Support professionals and gain access to innovative programming
- Create a powerful bridge with Israel
- Share in the development of tools and technologies to promote wellness and meaning throughout life

**Quality of life and well being are global challenges. CCCT partners are inspired to develop innovative approaches to complex issues TOGETHER.**

## The CCCT Toolkit Includes

- **Bikkur Cholim:** How to Make a Visit Meaningful
- **The Elderly:** Living with Meaning
- **Listening Skills** for Families and Caregivers
- **Partnering** with Communities in Israel
- **Preventing** Caregiver Burnout
- **Hope** Enhancement
- **Grief** and Bereavement
- **Understanding** Memory Loss
- **Conversations** About End of Life
- **CEU Credits** Available

To explore becoming a CCCT host organization, please contact Cecille Asekoff, Director of Global Initiatives/Life's Door at 973-929-3168 or [casekoff@jfedgmw.org](mailto:casekoff@jfedgmw.org)

• Engaging Community • Enhancing Family • Enriching Lives •



Community  
Service  
Agency

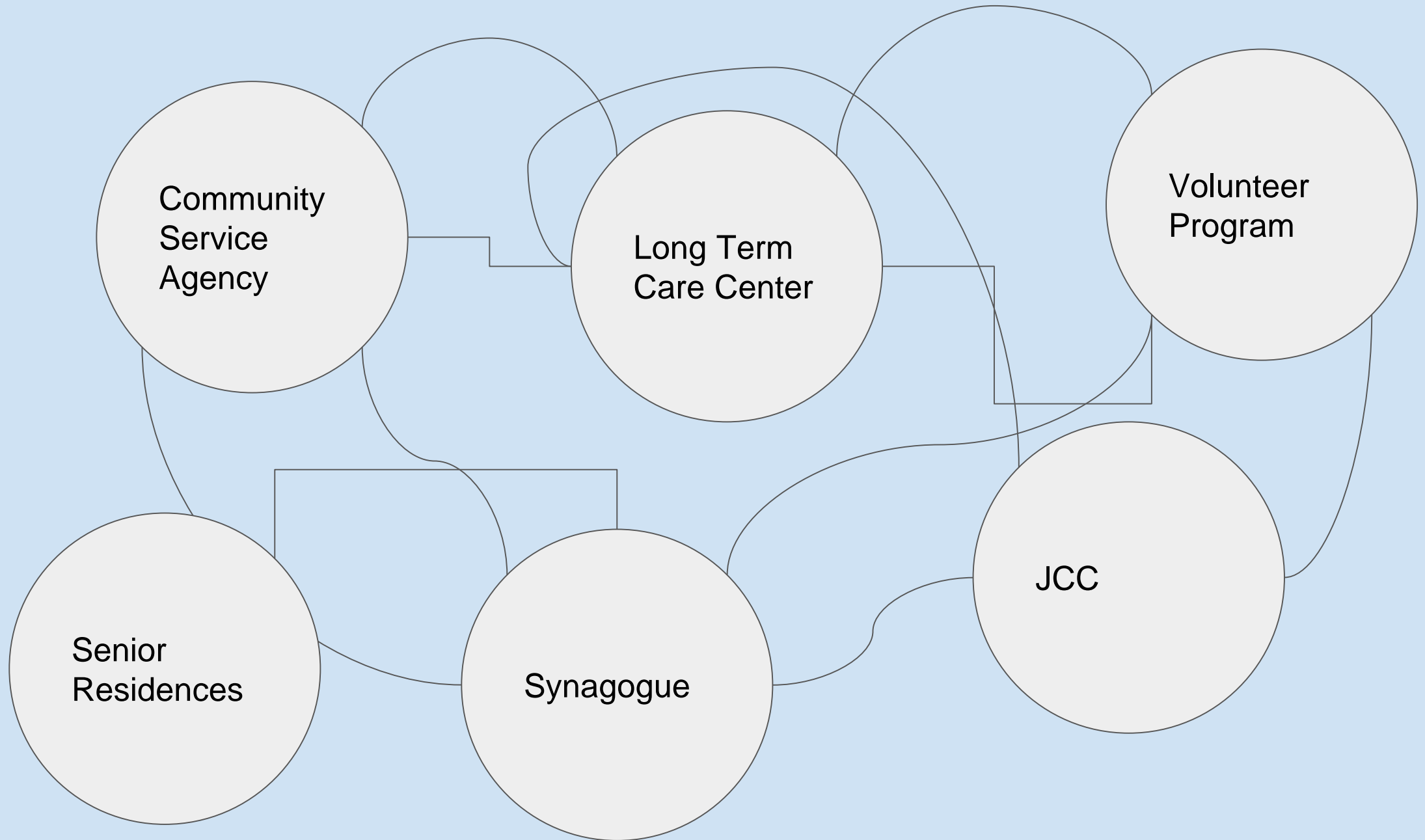
Long Term  
Care Center

Volunteer  
Program

Senior  
Residences

Synagogue

JCC







# WHY CCCT??

- Start-Up Nation- Incubator
- Collaboration fosters ideas
- Shifting model of philanthropy
- Professionals facing burnout benefit from peer support
- Global Community-Jewish People Shared Destiny
- Cost effective use of finite resources- Shared Economy
- Sharing is Caring!

# CCCT Partners

- Are part of the paradigm shift in having conversations about end of life, meaning and QOL
- Develop tools for patient and family support, and facilitating conversation about quality of life and treatment wishes
- Learn effective approaches to support decision making regarding medical treatment and quality of life

# CCCT Partners

- Gain understanding of ethnic, cultural and social influences and considerations on patient and family specifically related to aging survivors of holocaust trauma
- Gain knowledge and experience regarding innovative programing
- Gain exposure to an innovative community empowerment model

# CCCT Partners

- Access tools for burnout prevention
- Strengthen local community agency connection and engagement
- Establish a global community of caring with rich opportunities for collaboration
- Create authentic, sharing and supportive relationships between peers in North America, Israel and around the globe



הדר מברך את צוות האחיות  
לרגל יום האחות בביתאון









# Pieces of the CCCT Puzzle

- Local community and professional training and workshops •
- Peer-to-peer support •
- Exposure to innovative programs •
- Bi-national mentor teams •
- Quarterly group support and sharing sessions •
- Collaborative research •



# Life's Door - CCCT Programmatic Toolkit

- **ממני אליך** - *The Shared Journey* Community Volunteer Program
- *Conversation Circles*- Professional Support
- *The Conversation Project*
  - Professionals, Community Members, Patients/Clients, Family
- **מעלות** *Dignity*- A Tri-level Platform for Quality of Life in Care Centers for the Aged
- *The Hope Enhancement Project*

## Ideas that come to mind from this workshop...

 When poll is active, respond at **PollEv.com/dvoracorn718**  Text **DVORACORN718** to **22333** once to join

# Join Us for the Upcoming CCCT Seminar in Israel

June 11-14, 2018 (New Jersey Area Participants)

October 22-25, 2018

January 28-31<sub>2</sub> 2019

May 2019



To Become a Part of the  
Global Caring Community  
contact us now :

Cecille Allman Asekoff

Director Global Initiatives, Life's Door

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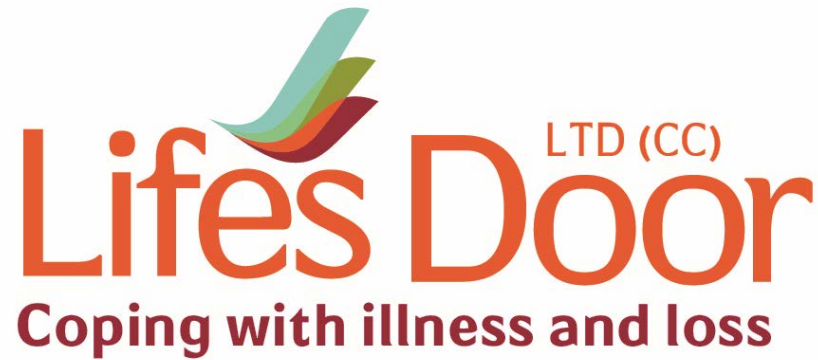
973-929-3168

973-493-9558-cell

THANK YOU- WE HOPE TO SEE YOU SOON!







## Creating a Caring Community Together

*developed in collaboration with*

