

# Zeta Phi Beta Sorority, Inc.



## National Z-HOPE Elder Care Initiative Toolkit

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*Building on the Principles of Zeta While Blazing New Paths*

# National Z-HOPE Overview

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From its inception, Zeta Phi Beta Sorority, Inc. has long demonstrated an interest in serving the needs of the community. Spanning the Sorority's nearly thirty-year partnership with the March of Dimes to its relationship with the Human Genome Project, Zeta Phi Beta Sorority has been at the forefront of anticipating the ever-changing needs of society.

It is within this framework Zeta Phi Beta Sorority, Inc. introduced a new International Service Initiative for Z-HOPE: Zetas Helping Other People Excel™. Since 1920, our national service programs have evolved to meet the critical societal needs of the time. Zeta Phi Beta Sorority has identified some key areas of concern as part of our programmatic thrust, and all of our efforts will be consolidated under the banner of Z-HOPE.

## **What are the Objectives of Z-HOPE?**

Z-HOPE is an outreach service program that has six primary objectives, corresponding measures of success and a mechanism for chapter recognition. The primary objectives are:

- **To** provide culturally appropriate informational activities according to the Z-HOPE program format
- **To** foster collaborative partnerships between community organizations and entities with shared goals
- **To** promote the opportunities for expansion in Stork's Nest programs
- **To** facilitate community service and mentorship opportunities for members of the organization
- **To** provide an equitable chapter recognition program for community services rendered
- **To** provide a standard reporting format to concentrate efforts and demonstrate the organization's impact.

## **ZETA PHI BETA SORORITY, INC.**

**SOROR MARY B. WRIGHT, INTERNATIONAL GRAND BASILEUS**

### **Z-HOPE - THE ELDER CARE AND ELDER ABUSE NATIONAL INITIATIVE**

***EDUCATIONAL, TRAINING AND IMPLEMENTATION PORTAL***

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**Our population is aging; more women are at work; baby boomers are working past retirement; others are re-entering the workforce in their 50s, 60s, 70s and many adults with disabilities are seeking ways to enhance their personal and financial independence. Medical advances, better health habits and behaviors are extending our lives; hospital stays are shorter; families are smaller and our society is more mobile. The need – the problem: fewer family members at home to help needy relatives who want to remain at home and in the community and little to no advance planning as to how this can be accomplished. The need – the problem: a long-term health care system that provides a wide spectrum of care settings, multiple agencies and providers within our health care spectrum that do not collaborate or coordinate services for seniors or disabled adults, rendering the system of long-term support and services fragmented, duplicative and complex.**

**One of the primary challenges for family caregivers of seniors and disabled adults is facing caregiving responsibilities with little or no warning, little or no knowledge about available care services, care settings and costs involved; little or no time to research alternative resources or prepare their family or employer. The physical, emotional and**

**financial stresses of caregiving begin, and depending on the location and care needs of the loved one, life as the caregiver knew it may be over for the next several months, or for the next several years.**

**Second, family caregivers are challenged as they navigate through the tough, complex, multiple service systems, departments and agencies which do not coordinate screening, eligibility or care assessments. Stakeholders and consumers, trying to access information, referral and assistance for long-term care services, are forced to call and/or visit several different agencies, repeat their story several different times, complete different applications and other forms several different times and produce the same eligibility documentation several different times. Agencies do not share client information, assessments or level of service needs that would facilitate easier access to and implementation of benefits and services.**

**A third challenge is the failure of seniors to prepare for their long-term care needs while cognitive and before a crisis. People plan educational goals, careers, marriage, family and retirement. Most plan for who will get their assets and property after they die; few plan for what will happen if they don't die. What will they do if they have a stroke, chronic illness or other condition necessitating long term health care? Where will they live, who will provide care, how much will care cost; how will costs get paid? Living beyond "retirement years" into what is called "eldercare years" most seniors have failed to plan for this part of their lives, failed to talk to their family about their finances, true health conditions, wishes as to long-term care and end-of-life preferences. Ill-prepared family members, already**

**fearful, must then navigate the treacherous waters of a fragmented, complex difficult-to-manuever long-term care system. Numerous questions plague and overwhelm:**

- What health care, chronic care, and long-term care services are available to me? How can I get the good care I need and desire, whether in your own home, in a residential community or assisted-living facility, in a child's home, or in a nursing home?**
- How will financial and health care decisions be made for me if I cannot make them for myself? Who can I rely on to make sure that decisions to be made are the right ones?**
- If I can't take care of myself, how will I make sure my spouse continues to have a good quality of life?**
- Do I have to spend all of my money on my care, whether in my home or in a residential care facility such as a nursing home? How can I protect my assets to take care of my spouse, to ensure I get good care, or to leave to my children?**
- How do I assure my financial security as I get older?**
  
- What public benefits am I entitled to, and what do I have to do to qualify for them?**
- Should I rely on Medicaid or other government benefits to help pay for my care? How do I apply for benefits?**
- What kinds of insurance do I need? Should I buy long-term care insurance? Should I join a Medicare HMO?**
- How and when should I distribute my assets? Can I save taxes and avoid probate?**
- How do I provide for family members with special needs?**

**Seniors and adults with disabilities need coordinated accessibility to and better utilization of the complete spectrum of long-term care options and streamline access to home and community-based services which can delay or prevent undesired institutionalization. Implementation steps will include Community and Agency Awareness, Education and Readiness. Agencies and organizations committed to consumer person-centered values and principles, will strengthen their professional relationships, identify and appreciate the uniqueness among them, highlight common processes and shared responsibilities, embrace efforts to resolve service challenges and support opportunities for comprehensive, coordinated service delivery. Consumers need person-centered long-term**

**services and support options counseling, benefits counseling, referral support to agencies and organizations that enhance ability to remain at home and in the community. Public awareness, education and outreach are critical to ensure maximum consumer involvement in protection of elders from abuse, fraud and neglect and assistance in advance planning and better preparation for "the eldercare journey." A variety of public forums, TV and radio shows will inform our target population and the communities-at-large about the importance and value of for long term care services and supports. Announcements and flyers will be distributed at service agency offices, churches and senior centers. We will sponsor legal and financial workshops and seminars to educate seniors on important strategies for advance planning for long-term care.**

**Through our "Z-Hope Care Initiatives" programs and projects, consumers will be more informed about and prepared for their elder care journey years, allowing them to live a better quality of life on their own terms for as long as possible.**

## **Z-HOPE ELDER CARE INITIATIVE PROGRAMS AND PROJECTS**

### **I. ADOPT-AN-ADULT DAY HEALTH CARE CENTER (75 pts. Per visit)**

Each visit must be a minimum of 2 hours. 75 points will be the maximum points given per visit, even if the number of hours volunteered exceeds 2 hours. Frequent visits not lengthy visits is important to enhancing the quality of the day care experience. A monthly or bimonthly commitment is desirable for no less than 3 months.

Activities may include music therapy, movie time, arts and crafts, Bingo, administrative, etc. See the Elder Care Initiative Volunteer Manual for ideas and information on volunteer guidelines.

### **II. ADOPT-A HOME CARE AGENCY (75 pts.)**

Home Care agencies work with hundreds of seniors every day. They will be able to give you guidance on which seniors have little to no family/friend support and need a little more loving care. Choose a licensed Home Care Agency to partner with.

A. Sorors will develop, design and implement a "Z-Hope Cares Call". Chapters will call 20 seniors weekly. 75 points will be given for each series of calls to 20 seniors. Call logs must be submitted with the Z-HOPE reporting form. The Evaluation Form is not required for this activity.

B. Sorors will send Birthday Cards, Thinking of You Cards, Get Well Cards, Valentine's Cards, etc. A list of 20 seniors must be sent cards per mailing series. 75 points will be given for each series of calls to 20 seniors. A list of seniors who were sent cards must be attached to the Z-HOPE reporting form. The evaluation form is not required for this activity.

C. Sorors will sponsor Friendship-Fellowship Parties to celebrate the seniors and boost morale! 75 points will be given per party.

### **III. EDUCATE AND INFORM (200 pts. per seminar or workshop)**

A. Sorors will sponsor Seminars and Workshops in collaboration with

**Elder Law Attorneys, Financial Planners, Long Term Care Insurance Agents**

**B. Sorors will sponsor Financial Peace University Workshops (Tentative)**

**C. Sorors will sponsor Seminars on Elder Abuse, Fraud and Neglect**

**IV. CARING FOR THE CAREGIVER (100 pts. per activity)**

**A. Sorors will sponsor Seminars and Workshops in collaboration with  
the National Family Caregiver Alliance**

**B. Sorors will establish a Z-Hope Family Caregiver Support Group or join and support an  
established Community Family Caregiver Support Group**

**C. Sorors will sponsor Family Caregiver Support Friendship-Fellowship Parties**