

## Monadnock at Home (MaH) Planning for our later years



### The challenge:

What can seniors do as they age and become less independent?

### Potential Solutions:

- Stay at home & hire services
- Move to assisted living facility
  - Independent Living Community
  - Continuing Care Retirement Community
  - Skilled nursing facility



## Issues

- **Staying at home & hiring services**

- Can be unwieldy to organize what's needed
- Don't always know whom to call
- Can fall victim to scams & fraud
- Can lead to loneliness & isolation
- No built in support system



## Issues

- **Assisted Living & Nursing Home Care**

is extremely expensive:

- Private room, assisted living in NH: \$3,600/month
- Private room, nursing home in NH: \$8,200/month
- Medicare does **NOT** cover long term care.
- Cost is prohibitive for many.



## Where MaH fits in

- MaH is:
  - A nonprofit organization
  - Designed to
    - *help seniors live independently at home*
  - A cost-effective alternative to assisted living or nursing home care



## MaH was 2 years in the making...

- Began with a few senior couples who recognized the problem
- Held listening groups in several towns and confirmed interest
- Explored “aging in place” models



## MaH was founded...

- Hired Executive Director Cindy Bowen in July and began operations on September 1, 2010
- Membership based, open to ages 62+
- Now has 89 households (126 people)
- Serves 8 towns in eastern Monadnock area:  
Dublin, Fitzwilliam, Hancock, Harrisville, Jaffrey,  
New Ipswich, Peterborough & Rindge



## Membership benefits

- Services included in membership fee:
  - Social, educational & volunteer opportunities
  - Transportation to appointments
  - Once/week grocery trips
  - Simple home maintenance
  - Computer & other technology help
  - Daily phone check-in (if desired)



## Membership benefits

- Access to over 100 prescreened providers
  - House cleaners, yard care, snow removal
  - Plumbers, carpenters, electricians
  - Home healthcare, meal preparation
  - Bill paying services
  - Other services added upon request



## Membership benefits

- **Prescreened** providers undergo:
  - Criminal background checks
  - Licensing & insurance verification
- One phone call is all it takes
- MaH follows up to assure satisfaction
- Many services are discounted



## Membership benefits

- Is MaH a duplicate of available services?
  - **No**
- MaH umbrella includes:
  - Community Partners
    - NHCC, MCH, HCS, Red Cross, CVTC
  - Other local agencies
  - Prescreened independent providers and volunteers



## Annual cost of membership

- **\$600 per household**
- **\$450 per individual**
- **\$200 subsidized fee for low-income members**
- **Snowbird rates available**
  - **3-4 months away**
  - **5-6 months away**



## **Monadnock at Home provides:**

- **The confidence to remain in your home**
- **Peace of mind for you & your family**
- **Real connections to your community**
- **Discounts to area services**



## **Village to Village Network (VtVN):**

- **Comprised of over 200 grass-roots Villages nationwide**
- **Created by Villages for Villages**
- **Helps communities establish and manage their own Villages**
- **3 members now in NH: MaH, New London & Nashua (others in planning)**
- **Website: [vtnetwork.org](http://vtnetwork.org)**



## Contact MaH:



Call: 603-371-0809    Email: [help@monadnockathome.org](mailto:help@monadnockathome.org)

Website: [www.monadnockathome.org](http://www.monadnockathome.org)