Jewish Federations of North America

Center on Aging, Trauma, and Holocaust Survivor Care

Understanding Our Impact

Key Statistics on PCTI Innovations

Outline

1

Where We Are

Current profile of aging and trauma from research and the Center's National Study on the PCTI Approach.

2

What We Are Doing

Preliminary findings from the Center's Common Evaluation of the Innovation's Program Grapevine Cohort, and subgrantee spotlight.

3

Where We Can Go

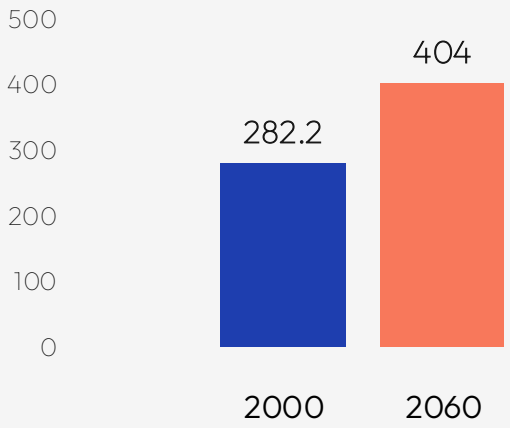
Next steps to connect our network, support our communities, and grow our impact.

Where We Are

America is Aging

US Population

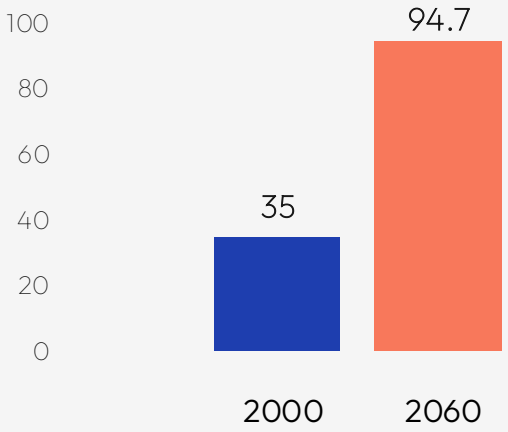
The US population is projected to grow by **43%**.



(U.S. Census Bureau, 2017 National Population Projections)

Older Adults

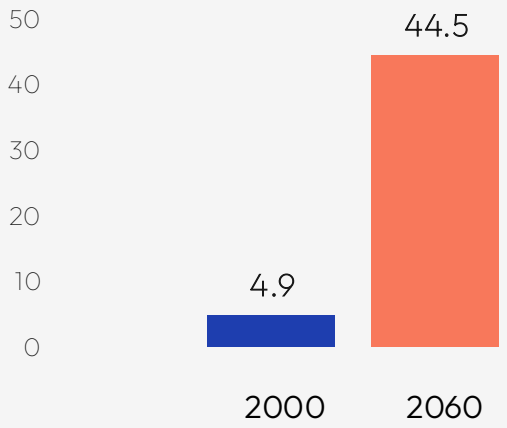
The older adult population is projected to grow by **171%**.



(ACL, 2020)

Minoritized Older Adults

Minoritized older adult population is projected to grow by **808%**.



(KFF, 2021)

Trauma is Pervasive

9 out of 10

American older adults have been exposed to a traumatic event in their lifetime.



- Lung disease
- Dental problems
- Fibromyalgia
- Chronic fatigue
- Cardiovascular disease
- Gastrointestinal disorders
- Endocrine disorders
- Headache disorders
- Sleep disorders
- Cognitive impairments
- Anxiety
- Depression
- Suicidal ideation
- Eating disorders
- Substance abuse
- Alzheimer's disease and other dementias

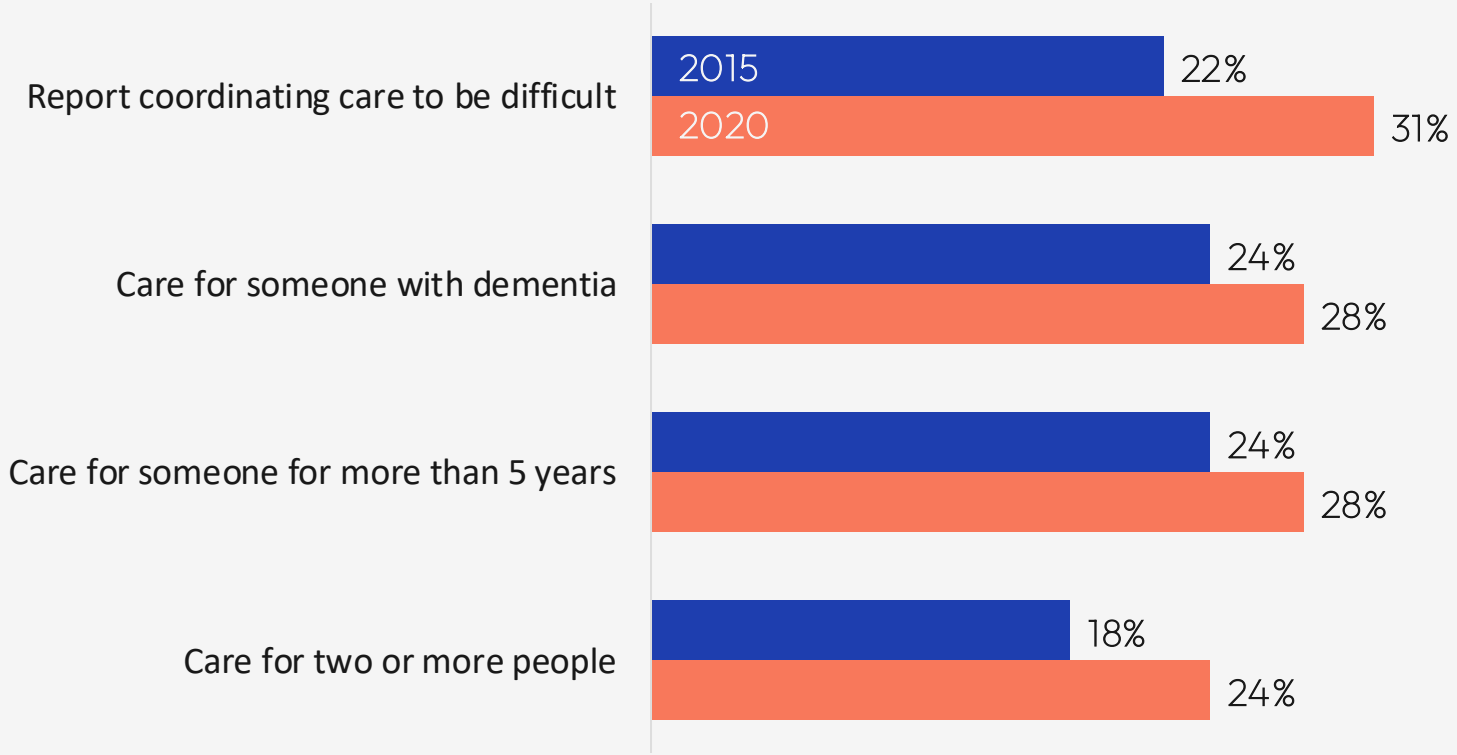
Trauma and Aging Are Connected



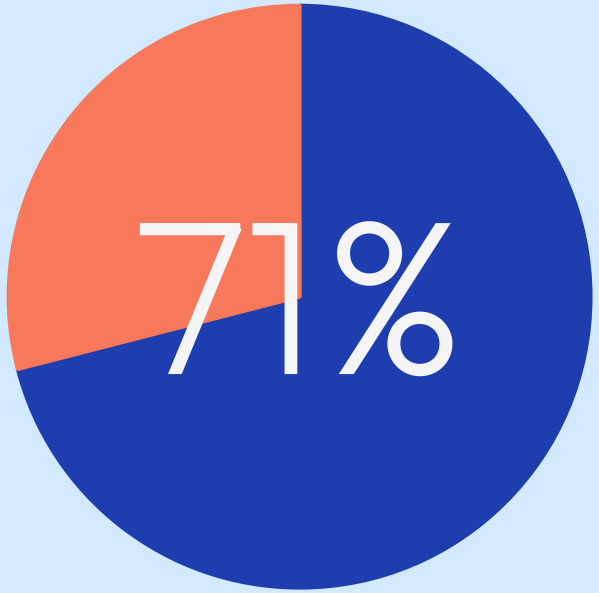
Family Caregivers Are a Lifeline

42 Million

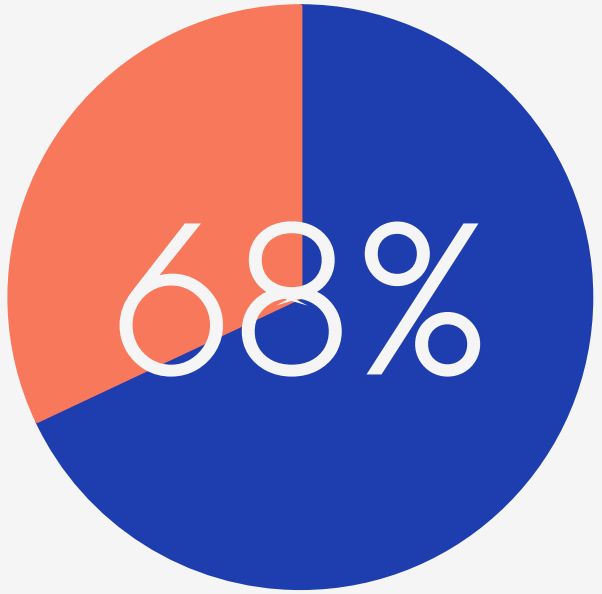
Family caregivers support someone 50 or older.



Understanding Aging & Trauma

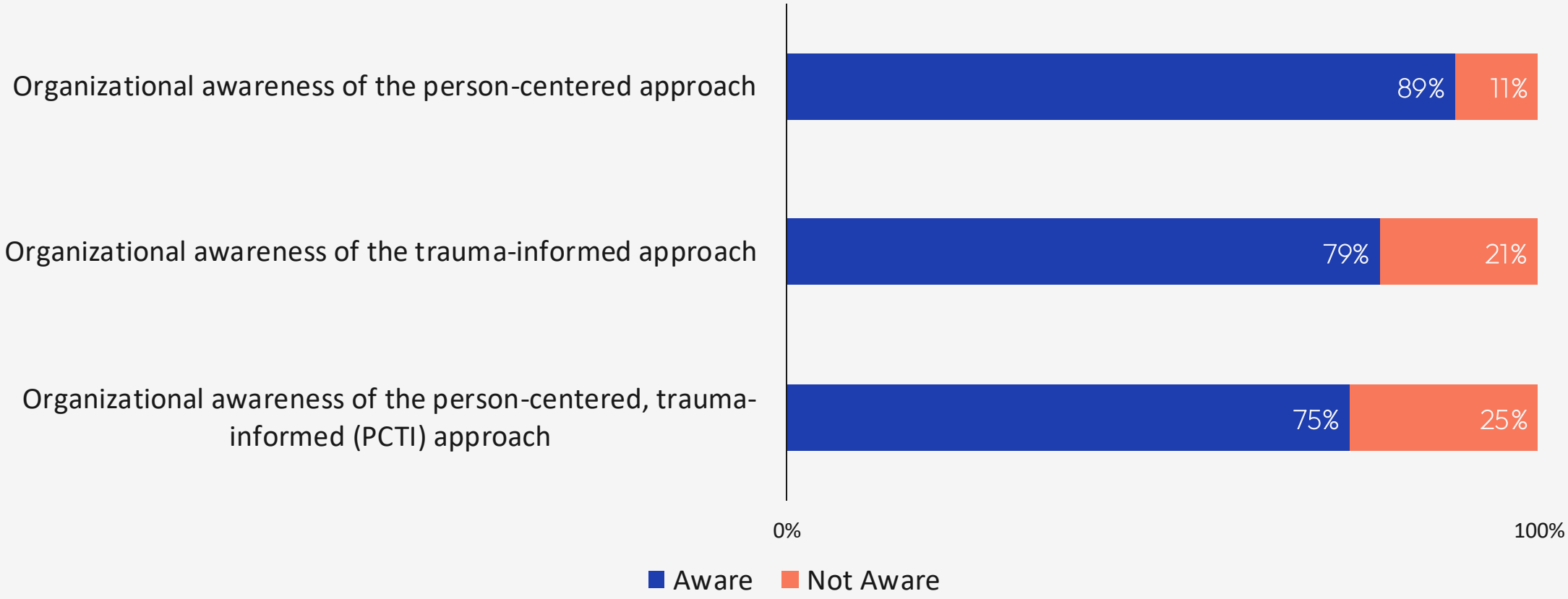


of organizations have a deep understanding of how trauma impacts aging

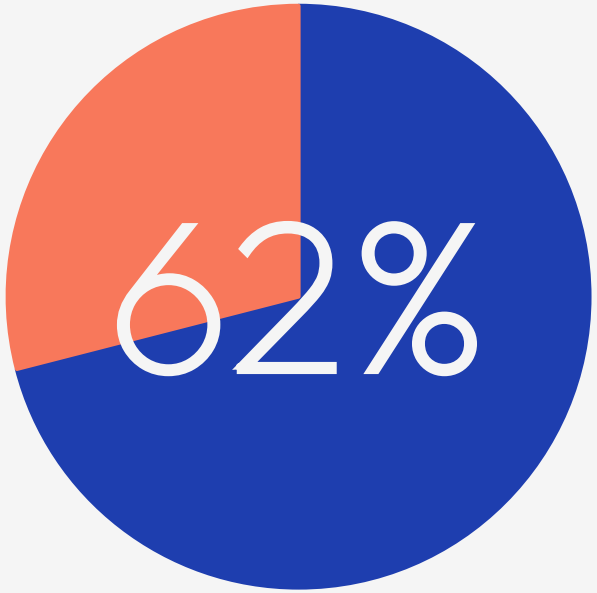


of organizations have a deep understanding of how trauma impacts family caregiving

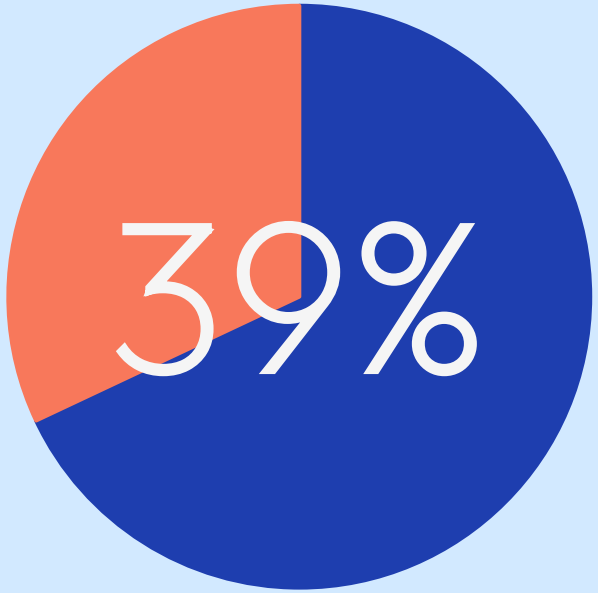
PCTI Approach Awareness



PCTI Capacity

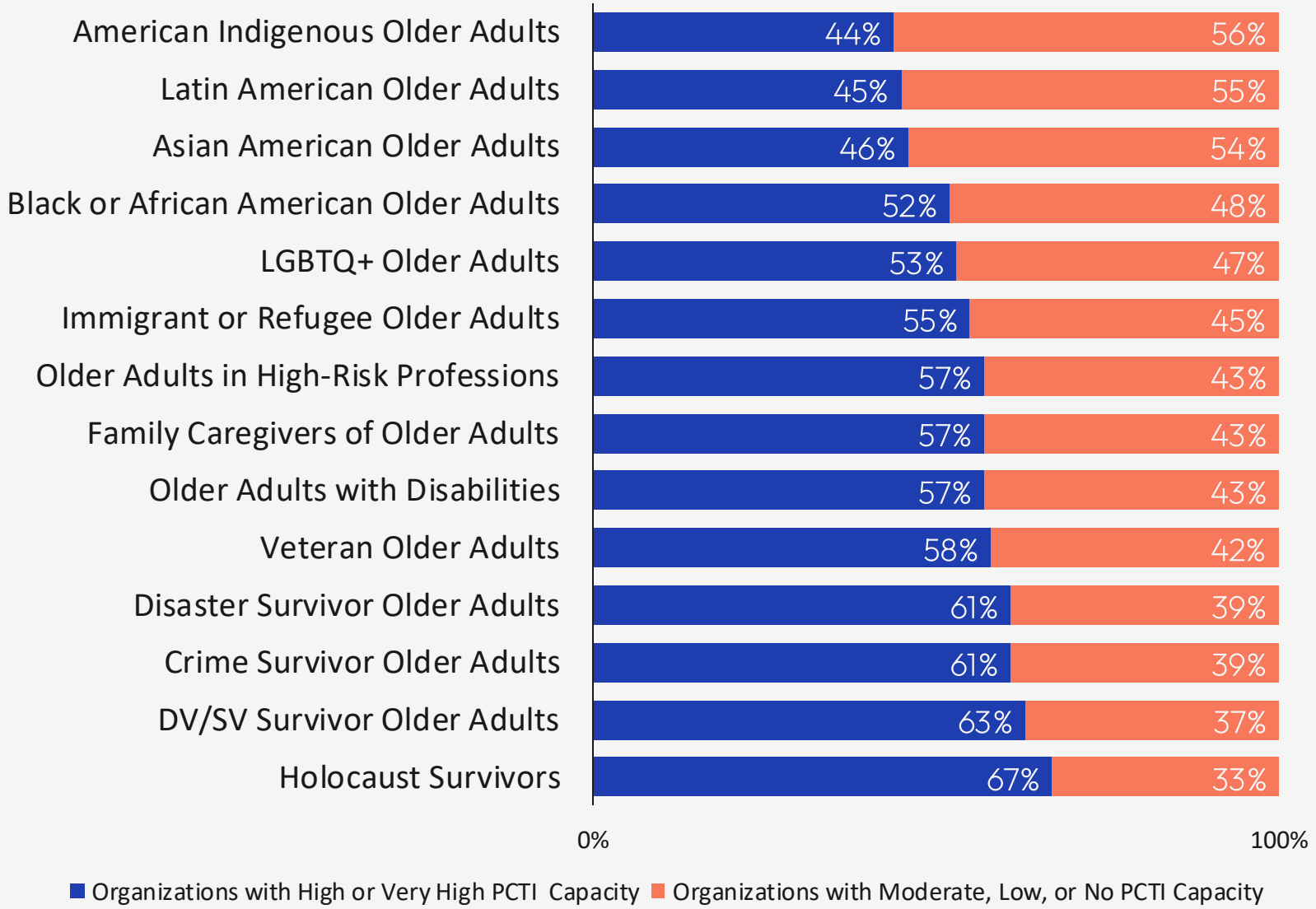


of organizations reported high or very high PCTI capacity to support older adults

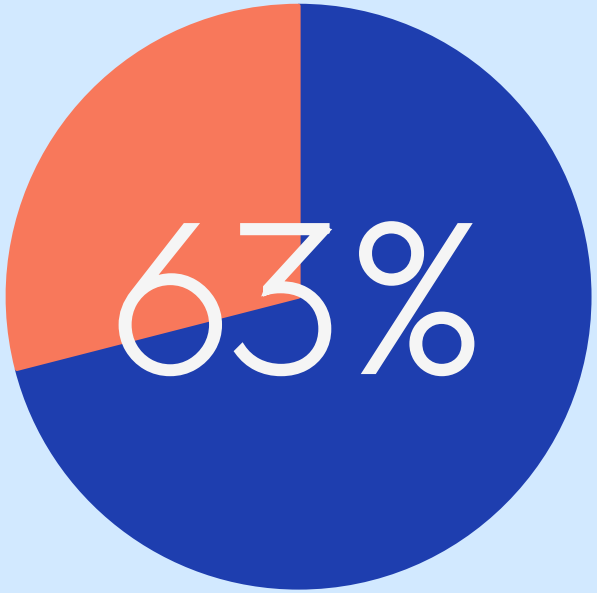


of organizations demonstrated high or very high PCTI capacity to support older adults

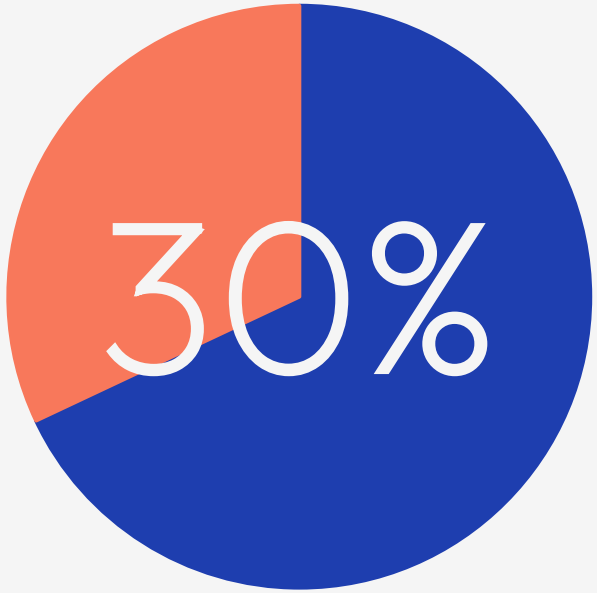
Disparities in Care



Center Impact



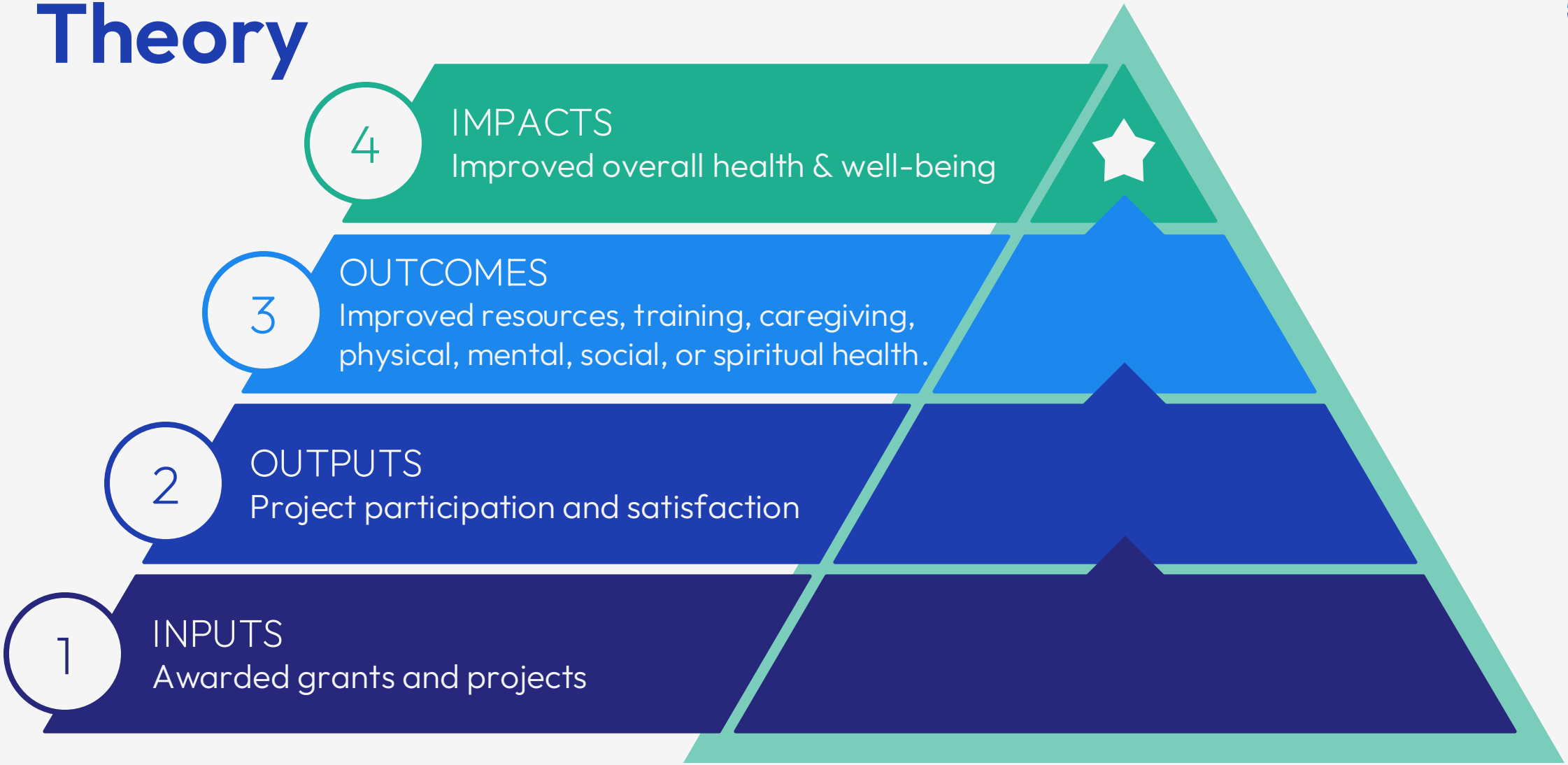
of organizations funded by the Center demonstrated high or very high PCTI capacity to support older adults



of organizations NOT funded by the Center demonstrated high or very high PCTI capacity to support older adults

What We Are Doing

Theory


4
IMPACTS
Improved overall health & well-being
3
OUTCOMES
Improved resources, training, caregiving, physical, mental, social, or spiritual health.
2
OUTPUTS
Project participation and satisfaction
1
INPUTS
Awarded grants and projects

Results

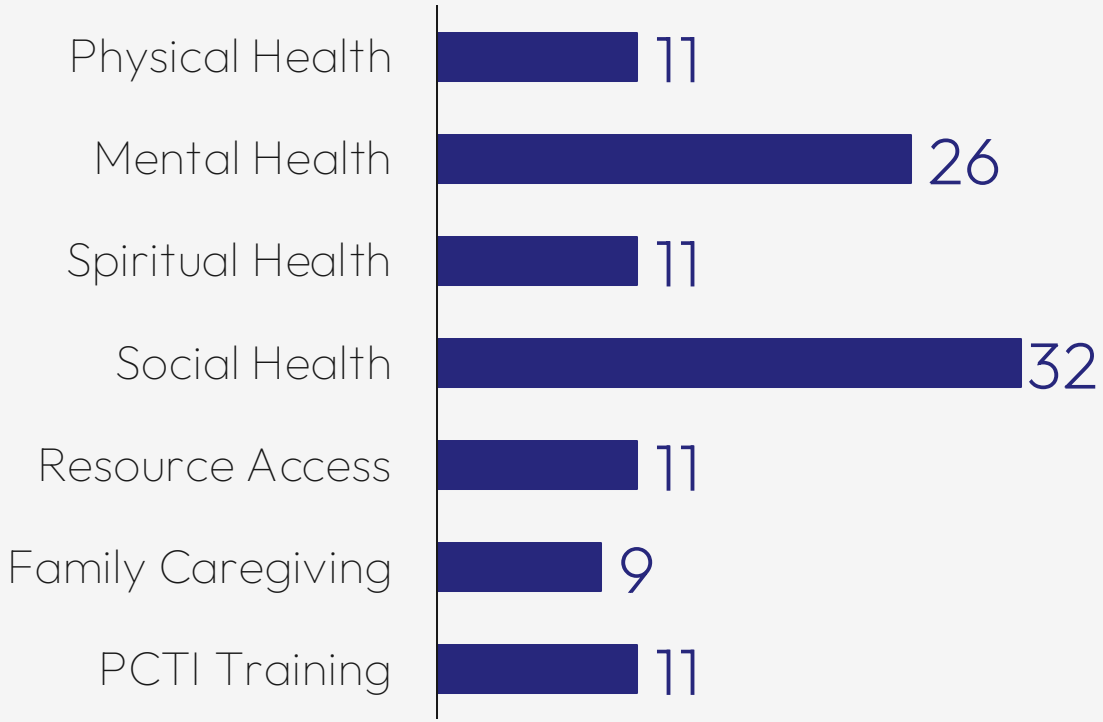


29
Grants

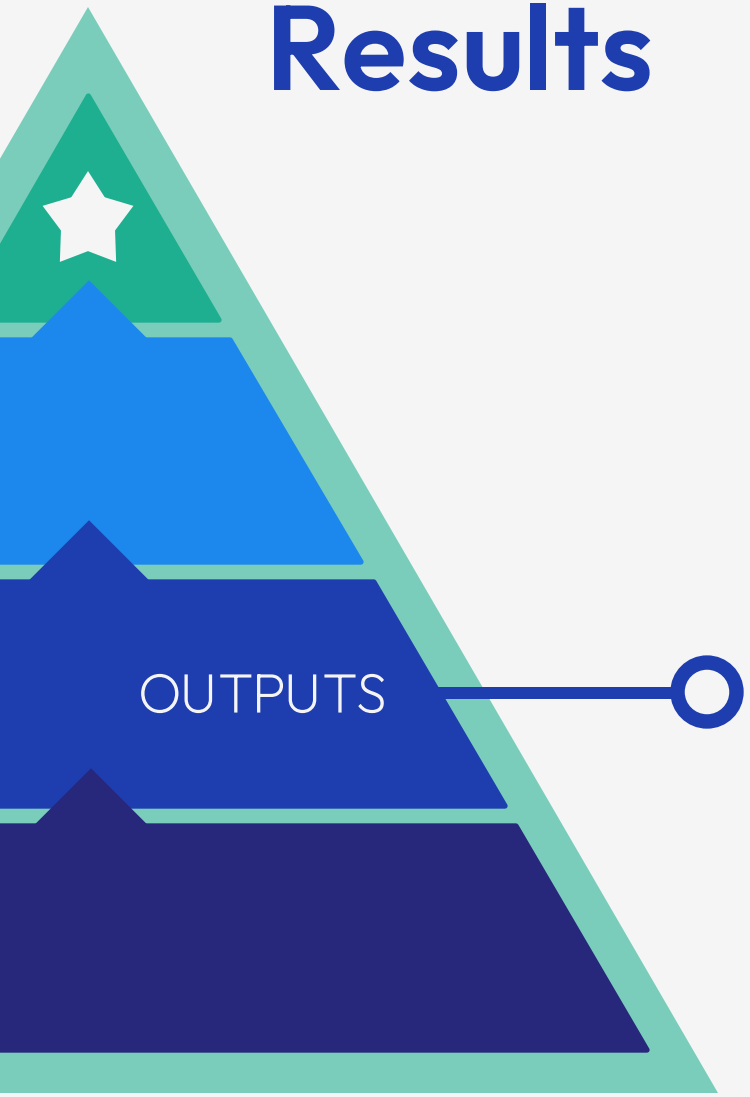
68
Projects

14
States

Project Categories



Results



6,429

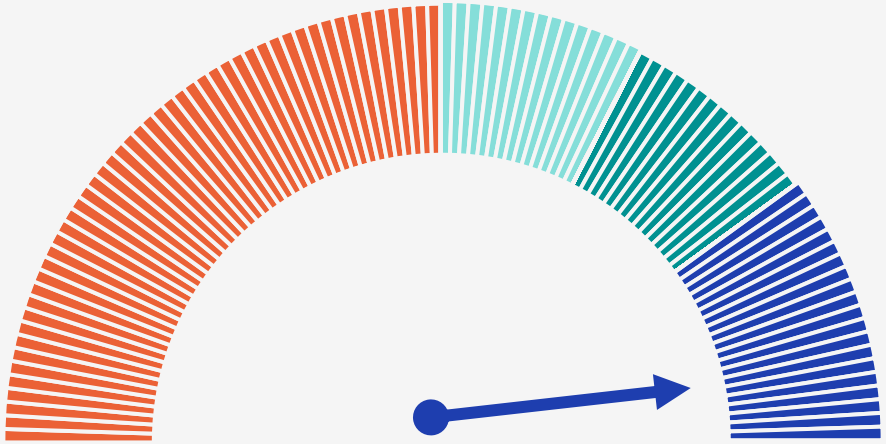
Participants

1,554

Survey Responses

97%

Satisfied or Very Satisfied With Participation

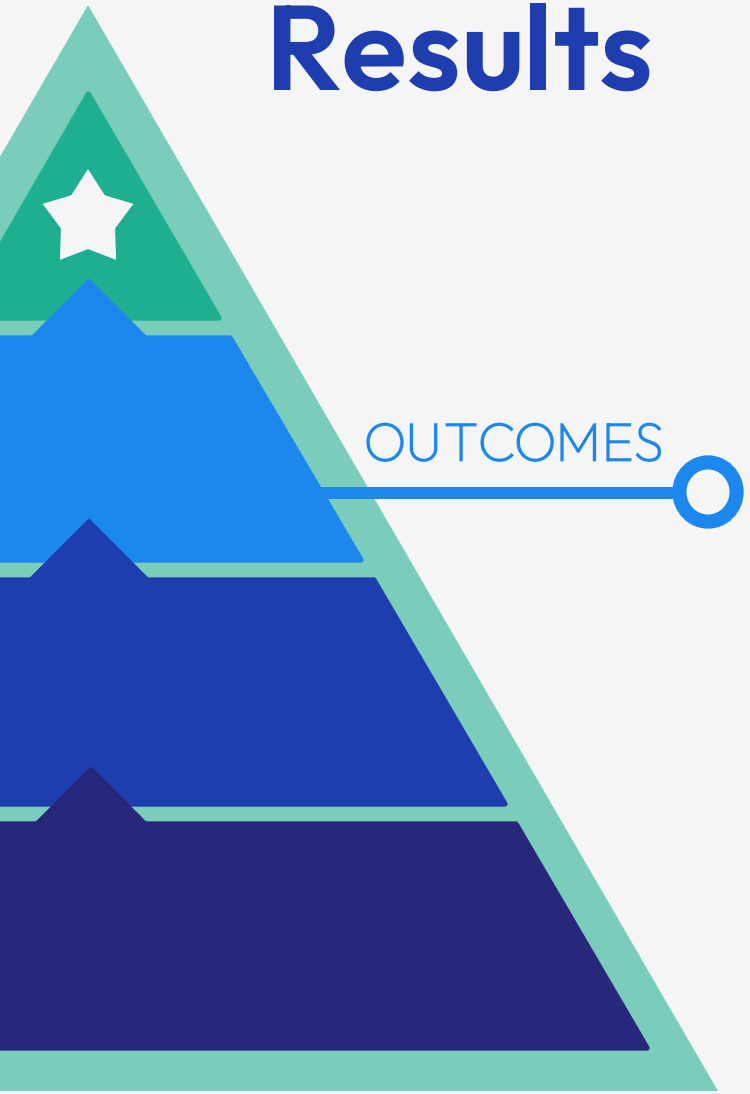


79

Net Promotor Score

- Needs Improvement (-100–0)
- Good (0-30)
- Great (30-70)
- Excellent (70 – 100)

Results



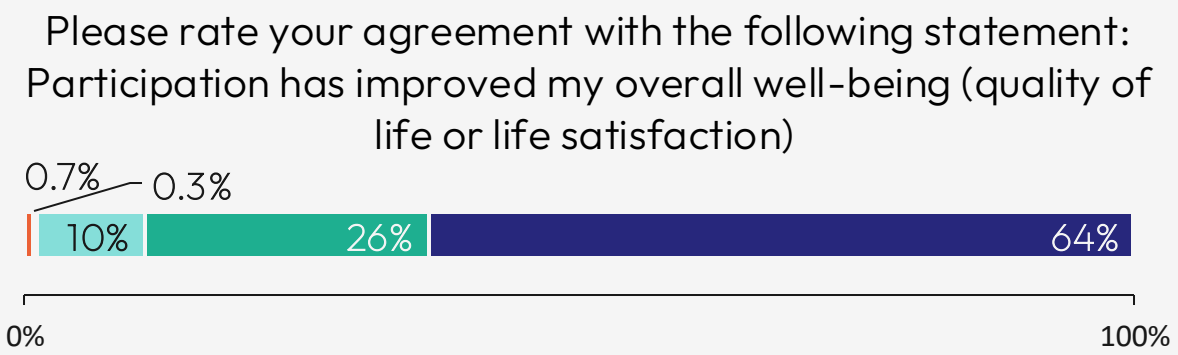
93%	of participants reported improvement(s) to their spiritual health	8 of 11 projects
95%	of participants reported improvement(s) to their mental health	22 of 26 projects
98%	of participants reported improvement(s) to their social health	28 of 32 projects
99%	of participants reported improvement(s) to their physical health	8 of 11 projects
100%	of participants reported improvement(s) to their resource access	9 of 11 projects
100%	of participants reported improvement(s) in their family caregiving	6 of 9 projects
100%	of trainees reported improvement(s) in their PCTI capacity	10 of 11 projects

Results

IMPACT

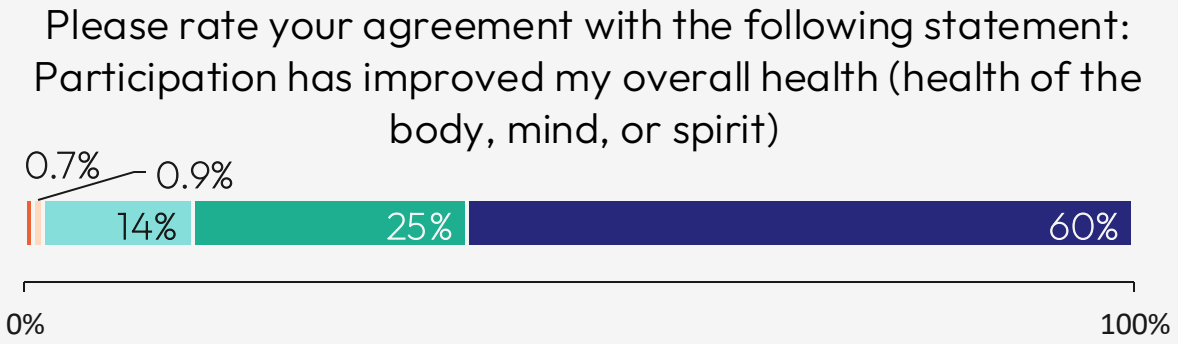
89%

Improved
Overall Well-being



85%

Improved
Overall Health



Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree

Subgrantee Spotlight

Project Lead

Agency & Project Overview

Project Lead is committed to trauma-informed principles and service delivery.

Every level of our agency and all services are PCTI-infused so that we are extremely sensitive to our program participants and the trauma that they have experienced.

PROJECT LEAD



Project Lead

Agency & Project Overview

By honoring our client experiences and providing dignity in their ability to express their preferences, we show that we are accepting of everyone and treat everyone with true respect, sensitivity, and patience.





Project Lead

Food Assistance Project Impact

100% of participants improved at least one aspect their physical health through access to nutritious food.

- 60% decreased stress about food access
- 38% learned how to prepare nutritious food
- 24% intend to prepare nutritious food more often
- 10% prepared nutritious food more often
- 36% increased comfort reaching out for help and using resources
- 59% increased confidence in ability to maintain or improve physical health
- 52% increased motivation to maintain or improve my health in the future

225
Participants

171
Survey Responses

98%
Satisfied or Very Satisfied With Participation

Project Lead

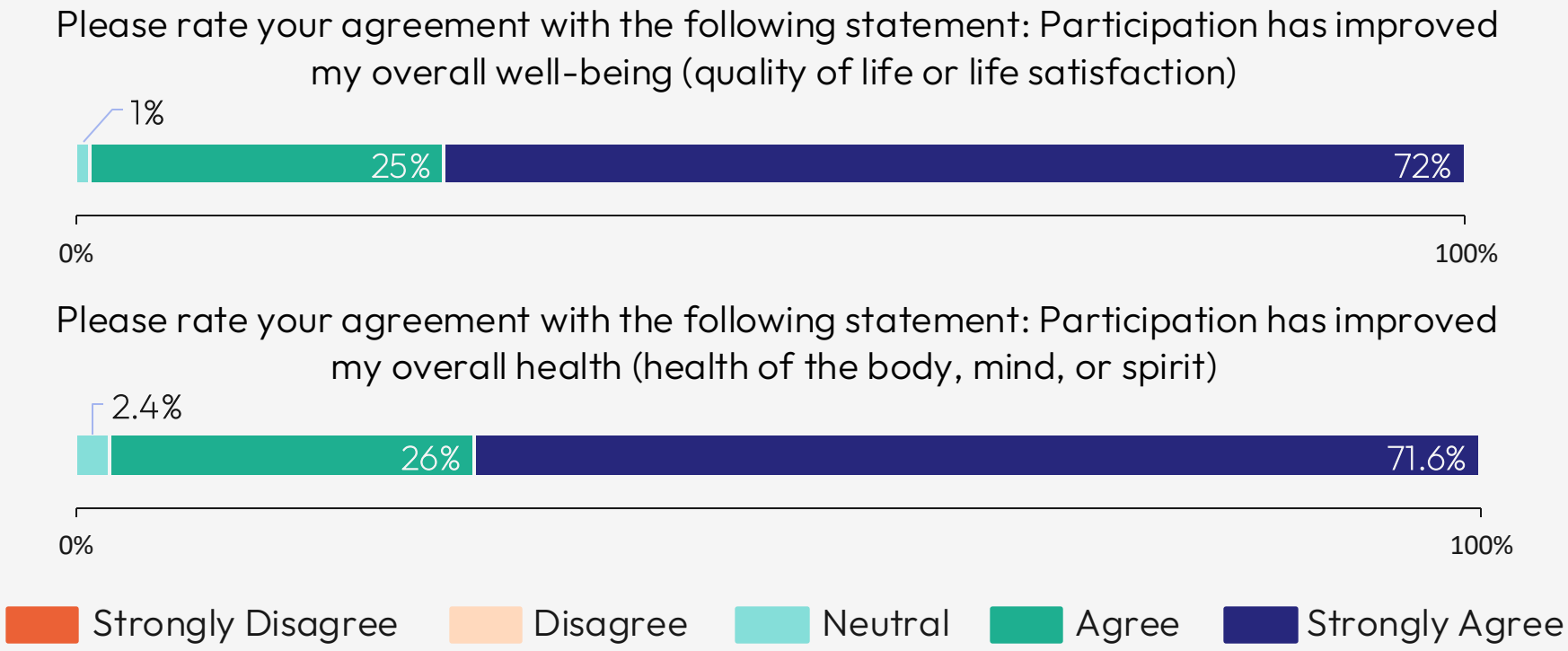
Food Assistance Project Impact

99%

Improved
Overall Well-being

98%

Improved
Overall Health



Ruth & Norman Rales Jewish Family Services

Agency & Project Overview

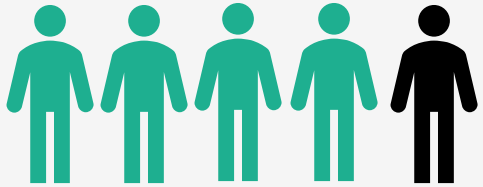
- Serving over 300 Holocaust Survivors (approximately half are clients from Former Soviet Union) in south Florida
- Music therapy delivered in housing settings (to eliminate transportation barriers & promote social connections after an event)



Ruth & Norman Rales Jewish Family Services

Music Therapy Project Impact

4 in 5 learned new strategies to improve their mental health



91% of participants improved at least <u>one</u> aspect their mental health including:

- Increasing access to emotional support
- Feeling more comfortable reaching out for help and using mental health resources
- Feeling more confident in ability to maintain or improve mental health
- Feeling more motivated to maintain or improve mental health in the future
- Feeling more empowered to manage mental health

98
Participants

39
Survey Responses

97%
Satisfied or Very Satisfied With Participation

Ruth & Norman Rales Jewish Family Services

Biggest Evaluation Challenges and Overcoming Them

1

Methodology

Finding a methodology that promotes a consistent response rate

2

Respondent Health

Cognitive abilities or memory decline of attendees

3

Focus

How to focus on mid to longer term impacts

Jewish Family Service of Seattle

Agency & Project Overview

Since 1892, inspired by our history and values, Jewish Family Service supports the needs of Jewish individuals and families, refugees and immigrants, and our broader community to achieve well-being, health, and stability.

Two day centers for Russian-speaking older adults from the Former Soviet Union, including Holocaust Survivors and refugees from Ukraine and Israel who have experienced old and recent trauma.





Jewish Family Service of Seattle



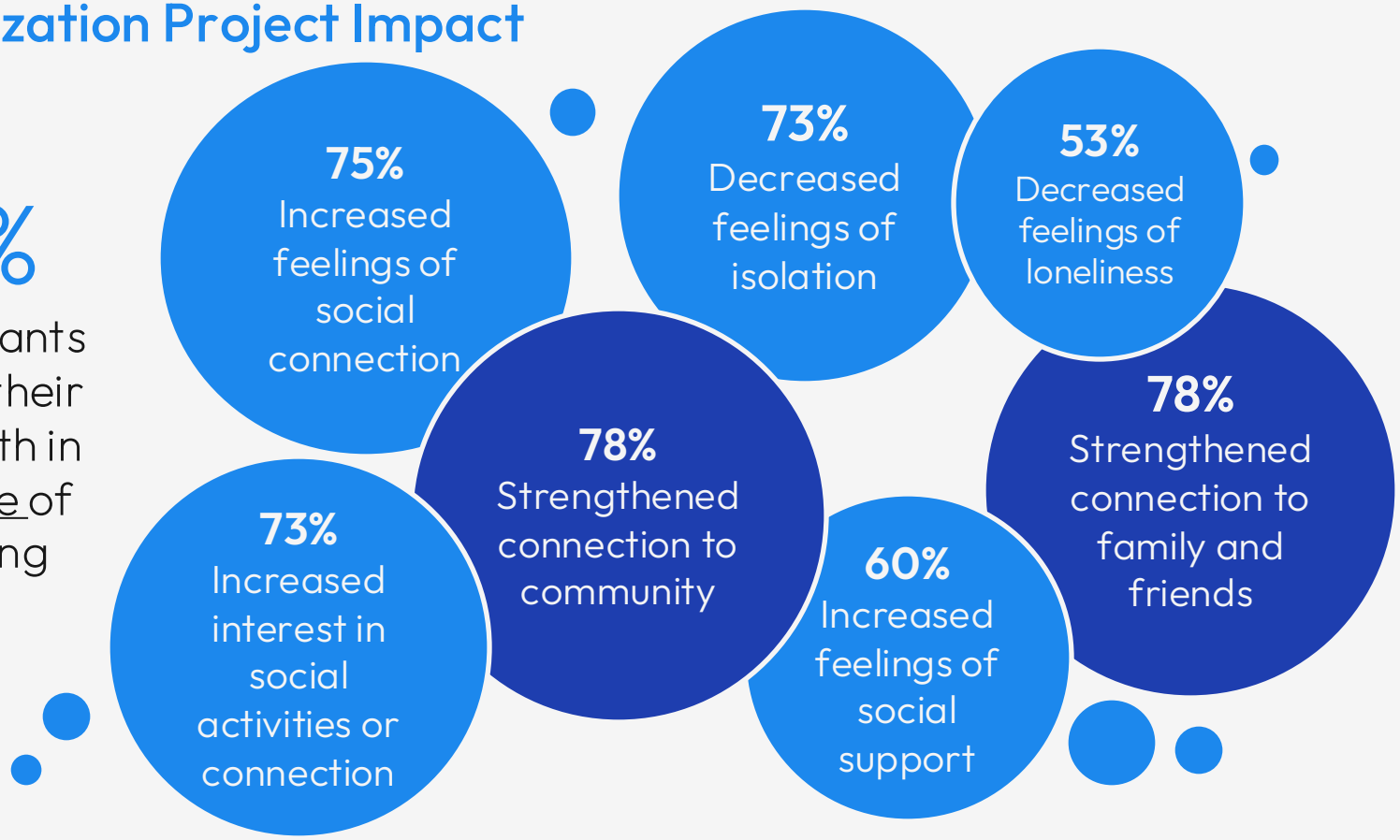
Day Center connecting older adults with history of trauma

Jewish Family Service of Seattle

Socialization Project Impact

100%

of participants improved their social health in at least one of the following ways:



119
Participants

40
Survey Responses

100%
Satisfied or Very Satisfied With Participation

Jewish Family Service of Seattle

Ensuring Evaluations are PCTI

1. **Physical and emotional safety.** Ensure participants feel comfortable expressing their needs, desires, and opinions while participating in the evaluation process.
2. **Cultural responsiveness.** Russian-speaking volunteers conduct surveys and Russian-speaking staff members lead regular conversations about client satisfaction and feedback.
3. **Transparency and trustworthiness.** Staff members explain that clients' participation in evaluation process is not only for funders, but it is crucial for developing a program that meets their expectations.

Where Can We Go?

Grow



Evaluate

Assess and share the impact of your programs so that others can learn and implement PCTI innovations.



Learn

Refresh your knowledge and learn latest trends in PCTI care for those with a history of trauma.



Train

Train, coach, and mentor others in using the PCTI approach and supporting older adults and family caregivers.

Connect



Meet

Meet someone new, get to know what the PCTI approach means to them, and learn from their experience.



Partner

Find new ways to partner with people, care teams, or organizations to elevate care.

Support



Care

Change aging services by continuing to provide excellent PCTI care – we know it works!



Commit

What is one thing you learned from Compassion in Action 2025 that you can integrate into you work to elevate care?

After Compassion in Action 2025, I will...

_____

_____

_____

_____

Q&A

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