COHASSET

Council on Aging

Age-Friendly Community

Action Plan

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Cohasset Elder Services is located at Willcutt Commons, 91 Sohier Street, Cohasset, MA in a state of the art building built in 2015. Willcutt Commons has a large multi-purpose room for exercise, dance, movies, large lectures, etc.; a large dining room with full commercial kitchen; a Board Room, a large living room with electric fireplace and several various size rooms that can be converted for a wide array of activities.

The Cohasset Elder Services program is staffed by 4 full time employees, 5 part time employees including medical and shopping trip drivers and approximately 120 volunteers. We have 3 vans and excellent parking. In addition, our center opens at 8:00AM and has closed as late as 7:30PM after hosting community dinners or intergenerational game nights. We receive supplemental support from “Friends of Cohasset Elder Affairs” who jump start our week by sponsoring a “Cohasset Café” which brings many people together every Monday morning either as a volunteer or participant.

In 2019, we proudly joined both the Network of Age-Friendly Communities and Dementia-Friendly America - Massachusetts. As a member of Dementia Friendly - Massachusetts we instituted goals and action plans to be sure our community is meeting the needs of all its citizens and continue to build on our efforts each year.

**GOALS & ACTION PLAN**

Goal #1: Provide a safe and welcoming environment for people with dementia at Willcutt Commons.

Action Plan: Meet each person where they are cognitively by welcoming their presence at programs and activities.

Time: Effective immediately and ongoing.

Goal #2: Train Willcutt Commons employees on dementia and best practices on serving people with dementia.

Action Plan: Schedule training with Dementia Care Expert to explain signs, symptoms and approaches on different types of dementias and best approaches.

Time: Before June 1, 2020

Goal #3: Create a dementia friendly transportation program.

Action Plan: Train a core group of Cohasset Elder Affairs volunteer drivers on best practices in serving people with dementia. Build familiarity thru repetition in scheduling between person with dementia and driver so service is safe, effective and professional when possible.

Time: Before June 1, 2020

Goal #4: Start a “Memory Café” at Willcutt Commons.

Action Plan: Learn best practices of other Memory Cafes to enable a person with memory loss and their caregiver a social outlet and to reminisce fond memories. Plan and implement for Willcutt Commons.

Time: July 1, 2020.

Goal #5: Offer a minimum of 2 educational programs for the Town of Cohasset community annually.

Action Plan: Educate and offer opportunities for the community to learn about the disease, as well as, caregiving strategies. Build respect and support for those suffering from this disease.

Time: Before December 31, 2020.

Goal #6: Visit other Senior Centers for guidance and support on dementia programs and best practices.

Action Plan: Schedule visits to local senior centers.

Time: Immediately and ongoing.

Goal #7: Strive for continuous improvement.

Action Plan: Continually evaluate and assess our goals of making Cohasset a Dementia friendly Community.

Time: Before December 31, 2020 and ongoing.