

Senior Needs Round Table – Saturday, March 3, 2018

## **SUGGESTED TOPICS**

1. How do we encourage Young People to become interested in Senior issues?
2. How do you get access to older people in facilities?
3. Why separate Seniors in Sobriety (SIS) from Cooperation with the Elderly Community (CEC)? What is the difference?
4. Best way to reach out to the senior community?
5. Safety for Seniors? What about people with Dementia?

### **1. How do we encourage Young People to become interested in Senior issues?**

Invite young People to be involved. Invite young people to present and provide technological support. Young people were invited to participate at the CIC conference.

Young people would like senior to attend their events. Young people are very involved in service.

Young people love technology, how can we engage them? Young people new in sobriety may feel like their life is over. Give them something to do, usefulness. Invite young people to your meetings, ask for rides to meetings. Be approachable, be friendly. Stick your hand out. Engage in conversations. Don't act like you know more. "Attraction rather than promotion."

Concern for getting Fellowship to get too far apart. We can't be all things to all people.

One group does a "pamphlet" meeting. Reading pamphlets brings about more common ground, "questions on Sponsorship", "AA and the Older Member", "Young People in AA" bridges the gap, fosters understanding. Pamphlets don't just pop out of the air. Someone wrote them; they came from Groups, Districts, Areas because of a need.

Combine workshops with YPAAs, SIS crowd with a common interest.

Sponsorship is another good way to bridge the gap between generations.

"Chronically gifted" is a phrase to avoid. Senior or Elder is good.

There is an opportunity to reach young people because it is a good mix to have young newer members and seasoned older members. Take them under your wing, pursue a friendship.

Young people may not like written material. But older people might find common ground, if they try.

## 2. How do you get access to older people in facilities?

Keep a roster of seniors who need rides either at home or in facilities. District, groups, central office can maintain the lists.

Build one-on-one relationships with them.

Start with people who have disappeared from meetings. Find people to give them rides. Maybe AA in facility can find other AAs in the facility. Bring in a meeting.

Create awareness in meetings that we want to have a CEC network. Ask for leads, ideas, who need us? How can we help? Reach out to the community before they leave the room.

3 parts to service: we love to be of service, are we willing to ask for others to be of service? Are we willing to receive help?

We have to have respect for the facility. Reno reached out with 100 packets of literature. Many refused help. We must respect that. How do we find people we don't know about? Most facilities do not seem set up for services, older people, retired people in facilities are less visible.

Concern for liability. They may no longer have a power of attorney. Residents cannot speak for themselves.

Check with the state department on ageing. In facilities approach the activity director, social worker NOT the administrator.

## 3. Why separate Seniors in Sobriety (SIS) from Cooperation with the Elderly Community (CEC)? What is the difference?

Seniors in Sobriety started as a conference/convention. Splintered into SF meetings. CEC is a sub-committee of Accessibility committee. CEC is general service committee whereas SIS is more home grown, more community specific.

More could be accomplished if consolidated. Names seem to be area specific

SIS and CEC were both started by same people in Hawaii. CEC meant to be GS sub-committee.

CEC seems to owned by a district in San Diego. More PI style committee targeting untreated alcoholics.

Should this be a full conference committee (rather than sub-committee) would have guidelines, workbooks, so whole conference was on the same page?

Seniorsinsobriety.com also have resources.

Need to remain relevant or you fade away from AA

Don't be anonymous in your meetings, know each others' last names.

Area 93 is working on a SIS sub-webpage on Area website.

Use technology (Skype) to connect seniors to meetings. Ask members to help with set-up, maybe a young person!

#### **4. Best ways to reach out to the senior community?**

Take literature to facilities

CPC works with activity directors. Residents requested the meeting. Less successful if you do a cold call on the facility.

Senior friendly designation in directory.

#### **5. Safety for seniors. What about people with dementia?**

Use the new safety sheets – what to look out for, what to avoid, areas to avoid, etc.