

Monadnock at Home



Project Goal

The Monadnock at Home project has the purpose to give people over the age of 62 both the practical means and the confidence to live their lives to the fullest while staying in their own home.

Brief Description

Monadnock at Home is a non-profit member-based organization that enables seniors over 62 and mostly in the middle income bracket to stay at home. They have joined the Village-to-Village Network, whose mission is to help communities establish and effectively manage aging in community organizations initiated and inspired by their members. Although they are a member of the Network-to-Network Village, they started before the network was setup, and they continue to operate independently. They engage the community mostly by word of mouth because advertising has proven to be ineffective for them. They also contacted their local chamber of commerce.

The services they provide include convenient one-call access to all services, transportation to appointments and once-a-week grocery shopping, help with simple maintenance or basic technical/electronics problems, telephone check-ins if desired, social and educational opportunities, volunteer opportunities, and peace of mind for the individual and their family.

Monadnock at Home was started with some grants, but mainly by initial funding from the board. Now about 20% of their budget comes from donations from the board. The members of this organization pay a membership fee for the at home services that they offer. In the five years since Monadnock at Home was started, they have doubled the members they started with – now at about 130.

Monadnock at Home has an Executive Director and Assistant Director. They also have a Board and Advisory Committee of 30 people, and are supported by about a dozen volunteers. Both members and non-members have opportunities to volunteer. The Executive Director knows their members and facilitates the resources needed when they request them. Some towns have a Town

Coordinator who helps recruit volunteers, and when requested keeps in touch with the members of the town. This creates opportunities and strengthens the relationship with the community.

Lessons to Share

Monadnock at Home has faced some challenges over the past five years. Compared to other examples in the Village-to-Village Network they are in a rural state with a low population density. Their members are spread out further, which creates transportation issues. Lack of funding has also been an issue. Another issue they face is getting independent strong-minded elderly people to become members of their organization. Many times they find that these people won't admit that they need help, and are unwilling to reach out for help.

When getting started on a similar project it would be important to contact the Village-to-Village Network. They provide necessary resources needed to start up. Visit their website to access the Village 101 Toolkit, which includes an introduction, overview of the village model, and exploratory phase information. That is all available for free on their website and there is also development phase information that is only available to members of the network.

Moving forward Monadnock at Home hopes to become better known and to grow as an organization. They hope they will work with hospitals more, and be contacted by the medical centers when patients are treated or released who could benefit from Monadnock at Home's services. They have seen some resistance with their project over the years, primarily from commercial retirement communities who would prefer the elderly join their community rather than become a member of Monadnock at Home. If the elderly are able to stay at home, they won't be moving to these retirement communities.

For More Information

Website:

<http://www.monadnockathome.org>

Mailing Address:

PO Box 422

Jaffrey, NH 03452

Phone: 603-371-0809

The Community Served: 10 Towns in Jaffrey N.H. Area

Jaffrey, N.H.

Total Population	5,457		
Median Age	41.5		
Role in Region			
	2000	2010	Change
Total Households	2,120	2,234	114
Family Households	1,464	1,451	-13
Nonfamily Households	656	783	131
	1999 Median Household Income	2009-2013 American Community Survey 5-year Estimates	
Median Household Income	45,033	64,500	19,467