

Payne-Phalen Living at Home/Block Nurse Program: *Leveraging the Power of Volunteers to Meet Seniors' Needs Through At-Home Nursing Care*

The Challenge:

Low- and moderate-income culturally diverse seniors who need nursing care and other services but are vulnerable at home, may or may not have family to support them, are doing everything they know how to stay safe at home and don't know where to go for services, support, medical or technical devices that aid in their daily living.

The Goal:

Provide coordinated and comprehensive services to seniors in the home, in a cost-efficient way.

An Innovative Solution:

Leverage nursing skills and management, backed by the power of volunteers (there are 91 million, nationwide) to provide nursing care and other services in the home.

Where To Learn More

Barbara La Vallée
Executive Director
Payne-Phalen Living at
Home/Block Nurse Program
1280 Arcade St.
St. Paul, MN 55106
(651) 774-7078 x 14
Barbara@blocknurse.org
<http://www.blocknurse.org/payne>

What It Is

- A program for which volunteers act as its “eyes and ears,” serving more than 400 low-and moderate-income culturally diverse seniors. Housed in and supported by First Covenant Church and the surrounding community in St. Paul, MN. Educational partners are the University of Minnesota School of Nursing and the Century and Inver Hills Colleges Nursing Program and the Metropolitan State University Department of Social Work.
- One of 43 Living At Home/Block Nurse Program non-profits in Minnesota – a health care model unique to a state long recognized as a leader of exceptional health care.

What It Does

- The Payne-Phalen staff takes into consideration the entire person and his/her family, caregivers, children, neighbors and religious connections.
- Staffers consult with seniors and those close to them about how the program can meet their needs, and then a plan is developed. If there are medical issues, a Block Nurse makes home visits; if not, other staff coordinate volunteers (e.g., for rides to medical appointments, friendly visiting and grocery shopping).
- Some seniors, whose needs are not great, themselves become volunteers.

Edge Runners



How It Stands Out

- The Elderberry Institute estimated that the facility kept 89 seniors out of nursing homes in 2006-2007, saving taxpayers over \$4 million.
- In 2004, the program was one of six organizations in Minnesota honored by the Jimmy and Rosalynn Carter Service Learning Award.
- Volunteers include over 80 service learning nursing students annually. The seniors, in turn, serve as mentors to the students – teaching them the art of aging.
- In 2006, without extra funding, the program collaborated with the University of Minnesota School of Nursing to establish two Multi Cultural Wellness Clinics in public housing facilities – providing blood pressure clinics, nursing faculty and students available once a week, health education programs, and blood pressure clinics.
- In a March 2007 report – “Alzheimer’s Disease Outreach to the Hispanic/Latino Community,” prepared by The National Alliance for Hispanic Health – the Payne-Phalen program was one of two organizations in the nation highlighted.
- Staff are leaders in transforming healthcare from their neighborhood beyond and are regular presenters at state healthcare meetings and have presented twice at the Mayo Clinic.