

January 2020

The Senior Care Continuum in South Florida

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The Senior Care Continuum provides for progressive care for older adults and care provided ranges from one that promotes independence to one that requires a higher level of care and supervision. To qualify for certain levels of care, a person must meet eligibility criteria as determined by their licensed physician and the Florida Agency for Healthcare Administration. It is never too early to start planning for your care or the care of a loved one. In Florida, there are several levels of senior care. While each one varies by the services that are offered and the cost of care, consideration should be given to the needs of the patient and their family. To learn more [click here](#).

In-Home Care: Includes companion such as meal prep and housekeeping, but this level of care can be costly and lacks socialization.

Adult Daycare: Caregiving for set hours in a third-party setting.

Independent Living: Community settings or residential homes that provide services like meals and laundry, but no type of professional care

Assisted Living: A location meant to provided trained caregivers that assist with the activities of daily living.

Memory Care: Secured communities for "wanderers" or seniors with progressive cognitive impairment.

Skilled Nursing: Reserved for those with skilled care needs such as nursing.

Continuing Care Retirement Communities (CCRCs): All levels of care in one community.

Attention:

We are currently accepting submissions for our next Newsletter!

For more info email: Valerie.Turner@flhealth.gov

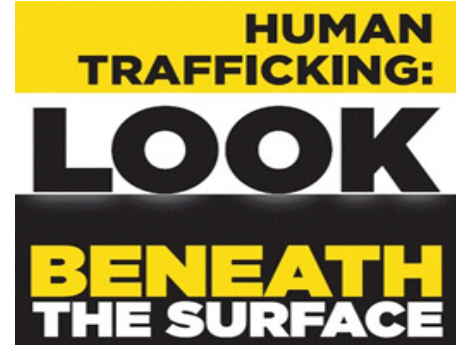
The Consortium for a Healthier Miami-Dade wishes you a happy and healthy 2020!



Look Beneath the Surface

Do you know what it means to “Look Beneath the Surface”? Many people in our community are unaware of the practice of human trafficking. Human trafficking is modern-day slavery because it exploits victims through the use of force, fraud, or coercion. Victims can be forced into labor or sex trafficking. There are many vulnerable populations including racial and ethnic minorities, people with low income, migrant workers and LGBTQ individuals.

Now is the time to get involved and learn the signs so that we can put an end to the abuse and exploitation of those most vulnerable in our community. If you or someone you know is a victim, please call 1-888-323-7888 or text 233733. To learn more and to download free materials please visit [the Office on Trafficking in Persons](#).



Reference: [The United States Office on Trafficking in Persons](#).

Did You Know?

Every 10 years, the U.S. Census Bureau conducts a census to determine the number of people living in the United States. The 2020 Census is happening this year and Miami-Dade County is encouraging the participation of every resident. Get involved and learn more [here](#).

National Birth Defects Prevention Month

January is a very important month because it is National Birth Defects Prevention Month. While some birth defects cannot be prevented, but there are steps that can be taken to increase the chance for having a healthy baby. The CDC has five helpful tips:

1. Take 400 micrograms of folic acid and eat fortified foods
2. Speak to your healthcare professional before starting or stopping medications
3. Stay up to date with all vaccines, including the flu shot
4. Prior to pregnancy, try to reach and maintain a healthy weight
5. Avoid substances such as alcohol, tobacco, and other drugs as they could impact birth outcomes.

Reference: [Centers for Disease Control & Prevention](#)

JANUARY 2020

January 11, 2020 Homework Help and Tutoring Program-101 W. Flagler Street, Miami 33130, 10:00am-5:00pm

January 17, 2020 Healthy Baby Taskforce Meeting, United Way Center for Excellence 3250 SW 3rd Ave., 33129 12:30pm-2:00pm

January 21, 2020 CareerSource South Florida - Employment Assistance, Miami-Dade Public Library - Kendale Lakes Branch, 15205 SW 88 St, Miami, FL 33196 9:30am-5:30pm

For a complete list of Consortium Events [click here!](#)

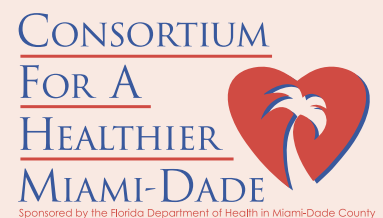
Join the Consortium For A Healthier Miami-Dade!

Healthy Environment, Healthy Lifestyles, Healthy Community

The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website www.healthymiamidade.org



Sponsored by the Florida Department of Health in Miami-Dade County