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**Ends Policies**

Approved by Board of Directors on January 19, 2021

Updated on July 22, 2021 (replacing the word older adults with older adults)

Updated on July 23, 2022 (reflecting the name change)

**Overarching Statement**

**Brella Community Services Society exists for the well-being of older adults to lead full engaged lives and for the health and support of family caregivers at a justifiable cost.**

**Specific Statements**

**1. Older adults are empowered to age safely in place within their own communities.**

1.1 Older adults are respected and feel valued.

1.2 Older adults make decisions regarding their own care.

1.2.1 Older adults have access to resources in order to make informed decisions.

 1.3 Older adults lead healthier lifestyles.

 1.3.1 Older adults have access to health information resources.

1.3.2 Older adults engage in active living adapted for their level of ability, mobility and cognition.

1.3.3 Older adults have food security.

 1.4 Older adults have meaningful social connections.

1.4.1 Older adults build new relationships and connections in person.

 1.4.2 Older adults make safe social connections online.

 **2. Family caregivers are valued for the support and caregiving they provide for older adults.**

 2.1 Caregivers have resources available to meet their needs.

 2.2 Caregivers have respite options.

 2.3 Caregivers have access to information to enable them to make plans for the future.

**3. Older adults engage & thrive in the community.**

3.1 Older adults experience an age-friendly community**.**

3.2 Older adults have access to community services that respond to their changing needs.

3.3 Older adults use their voice to advocate for themselves.

3.4 Older adults have volunteering and employment opportunities.

**4. Older adults have digital literacy.**

4.1 Older adults confidently increase their use of technology.

 4.2 Older adults and their caregivers know how to use connecting technology (Zoom, Skype, etc.).