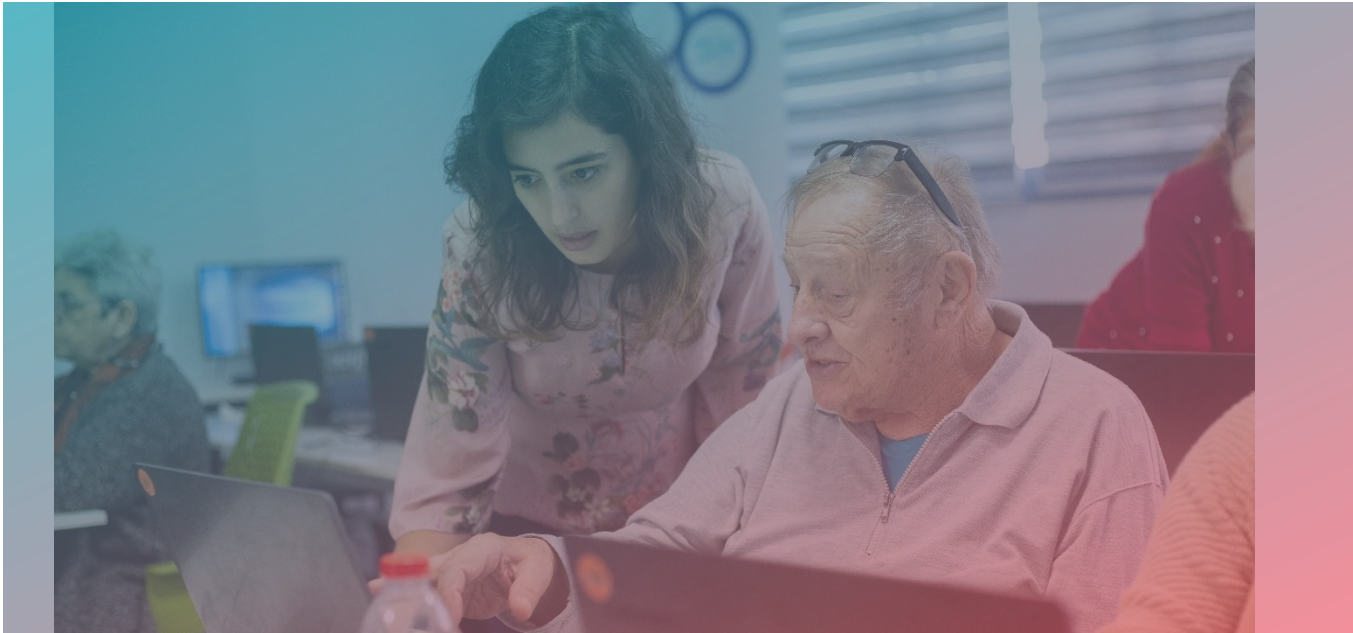


Older Adults Living Independently

If your mission is improving the wellbeing of older adults in the community, Joint-ESHEL would like to connect with you & explore the potential for sharing knowledge and expertise.



The **Joint Distribution Committee** ('JDC' or 'The Joint') is a global expert in social innovation, [holding a consultative status for the United Nations](#).

Since 1969, the Joint's ESHEL division has served as Israel's social R&D incubator, developing comprehensive responses to the complex challenges facing the aging population. Operating as an independent organization and honest broker, Joint-ESHEL has established a strategic partnership with the Government of Israel, Israel's local municipalities, civil society and other local associations, to strengthen the social fabric and thereby prepare the country for the aging of its population.

Through global and local collaborations, Joint-ESHEL improves the effectiveness and dissemination of care coordination models and person-centered care, enabling the expansion and adaptation of models in diverse communities and across cultures throughout Israel, reaching a critical mass of older adults.

As a development organization, Joint-ESHEL continually seeks to acquire new knowledge and transform this know-how into improved and innovative models for Israel's senior population, while making available five-decades of expertise to global players to adopt and adapt in their local communities.

We look forward to hearing from you.

Please be in contact at MarcC@jdc.org

The following proven models developed by Joint-ESHEL may be adapted to your community

◆ Digital Literacy for Older Adults

Scholars have long warned that populations lacking digital literacy will become ‘the new illiterates’, and the coronavirus pandemic dramatically proved their hypothesis. Lack of digital literacy among older adults affects physical and mental health and causes loneliness and depression. Over the past three years, Joint-ESHEL developed a program to put technology in the hands of the elderly - to achieve meaningful outcomes and empower them to become agents in their personal lives and communities. Joint-ESHEL is currently developing a second layer of content - shorter courses focusing on impact areas - including health promotion, online financial/commercial activity, social networking, and life-long learning.

◆ Tools for navigating the post-retirement period of life

Rising life expectancy means that retirees must prepare for 2-3 decades of post-retirement life. Most are not equipped for the practical, emotional, and social challenges of aging. Poor planning and decision-making leads to poverty, poor health, and ultimate loss of physical and cognitive abilities. The Up60+ Guidance Center is a one-stop shop for retirement resources - providing retirees individual guidance and tools to responsibly navigate the new period of life. Courses include financial literacy, planning and decision-making, healthy aging, digital literacy, and occupation opportunities. This empower seniors to protect long-term health, physical and financial wellbeing.

◆ Therapeutic models for coping with past traumas

Originally developed for Holocaust survivors, [Witness Theater](#) and [Photography with Joy](#) use drama and photo therapy to enable survivors to deal with their traumatic past, while spreading testimony through the retelling of their stories. Witness Theater is a nine-month intergenerational program that culminates in an amateur production performed by the survivors and teenagers. In Photography with Joy, Holocaust survivors use a camera as a tool for self-expression and to document their Holocaust memories, culminating in a public exhibition of their work.

Instructional Materials for Family, Caregivers and Seniors during COVID times

During COVID times, the elderly, their caregivers, and families must be well informed and feel secure in their homes. Joint-ESHEL produced [16 instructional videos](#) which provide guidelines, coping mechanisms for dealing with loneliness, stress and anxiety, physical exercise, advice from professionals, and the correct use of PPE.

◆ Podcasts: Engaging with Aging

A [series of podcasts](#) covering topics such as loneliness, digital literacy, palliative care and rehabilitation.

◆ Models & knowledge that Joint-ESHEL has developed for the elderly:

[Survey: Effects of Coronavirus on Elderly in Israel](#)

[Alleviating Loneliness](#)

[Caregivers Support Centers](#)

[Day Centers for Older Adults](#)

[Palliative Care and End of Life](#)

[Health Promoting Environments](#)

[Centers for the Prevention of Elder Abuse and Neglect](#)

[Dashboard - Mapping the Gaps for Optimal Aging \(film: 15 min\)](#)

[Warm Homes](#)

[Employment Solutions](#)

[Supportive Communities](#)

[Programs for Holocaust Survivors](#)

[Community Rehabilitation Centers](#)

[Integrated \(medical and social\) care](#)

[Short films creating awareness on aging](#)

[5-Year \(2021-25\) Strategic Plan for Optimal Aging](#)