



Duet

Partners In Health & Aging

Our Vision



A community where every person ages with compassion, dignity, and hope.

Our Mission



To promote health and well-being through vitally needed services to homebound adults, family caregivers, and grandfamilies.

Duet's core services are provided free of charge.

Our Values

- ✧ **Dignity** – humbly approaching each person we serve with individualized attention and respect.
- ✧ **Inclusiveness** – embracing all people into our community of care.
- ✧ **Excellence** – giving our best in everything we do.
- ✧ **Commitment** – striving to fulfill our mission, even when resources and energies are challenged.
- ✧ **Stewardship** – ensuring ethical and responsible management of resources to fulfill our mission.

Guiding Principle for the 2021-2024 Strategic Plan

In everything we do, Duet is an inclusive, diverse, equitable, and accessible organization

Arizona State Plan on Aging 2019 – 2022

- ❖ The fastest growing age group in the U.S. is **people over age 85**, and the second fastest is people 100 and over (centenarians). Experts predict a twelvefold increase in centenarians by the year 2060, and that a 10-year-old child alive today has a 50% chance of living to be over 100
www.courier-journal.com › health › 2022/05/26
- ❖ Approximately **61 percent of the total population resides in Maricopa County**.
- ❖ Over 225,000 individuals over the age of 65 years old - approximately 20 percent - live in rural areas of the state.

Arizona State Plan on Aging 2019 – 2022

- ❖ There are 31 Veterans Administration facilities in Arizona. Veterans live throughout the state, but the greatest concentrations are found in Maricopa, Pima, Yavapai, Pinal and Mohave Counties.
- ❖ 24.9 percent of Arizonans aged 65 to 74 years of age reported having a disability; for those aged 75 years and older the number doubled to 48 percent.
- ❖ By 2030 there will be as many people over 60 years of age living in Arizona as there are children under the age of 17.

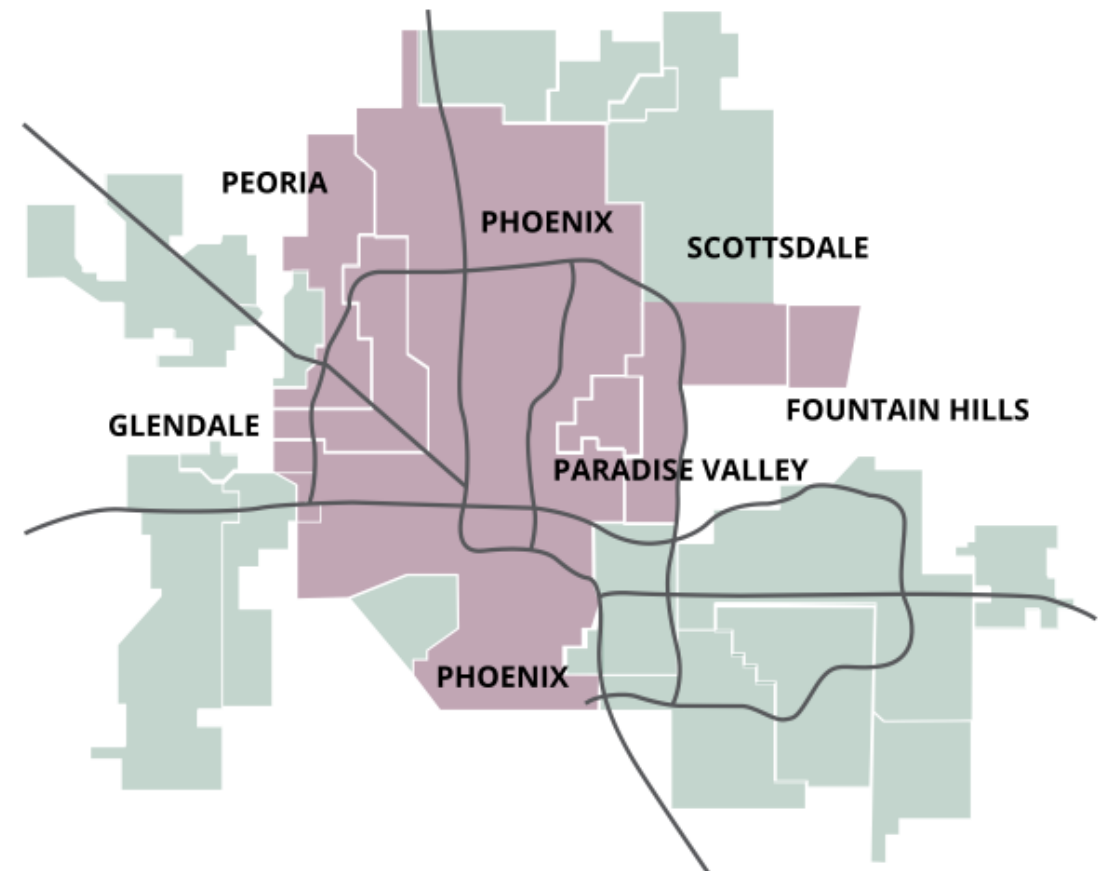
Source: AZ Department of Economic Security, Division of Aging and Adult Services, (October 1, 2018 - September 30, 2022)

The Face of Duet



Lois Friday, age 101 years young

Homebound Adult Services



Duet recruits, trains, and insures volunteers to assist adults who can no longer drive due to physical or age related issues, yet wish to remain living in their own homes in Phoenix, Glendale, Peoria, Paradise Valley, Fountain Hills, and Scottsdale (south of Bell road).



90% of homebound adults report being able to live more independently, with dignity, in their own homes with Duet's services.

Homebound Adult Services

- ✧ **Grocery shopping** – for or with a neighbor to the grocery store
- ✧ **Transportation** to medical or social service appointments
- ✧ **Friendly visiting and phoning**
- ✧ **Paperwork assistance** – help with sorting and/or reading mail, handling correspondence, and paying bills
- ✧ **Handyperson services** – minor home and safety repairs
- ✧ **Tech assistance** – help with smart phone, tablet or computer



Kinship Services



Duet guides grandparents (and relatives “kin”) with tools and resources to thrive and keep the family together.



90% of grandparents reported feeling more confident in their roles after attending Duet workshops.

Kinship Services

- ✧ **Support groups** - virtual and in-person throughout Maricopa County
- ✧ **Legal guidance**
- ✧ **Respite funds** – for summer and/or after school activities
- ✧ **Information and guided assistance**
- ✧ **Educational workshops**
- ✧ **Social and cultural outings**



Family Caregiver Services



Duet cares for family caregivers by offering help and hope to persevere through the caregiving journey.

95% of family caregivers reported Duet support groups helped them with their ability to care for their loved one.

Family Caregiver Services

- ✧ **Support groups** – virtual and in-person throughout Maricopa County (Alzheimer's, dementia, Parkinson's, men's group, LGBTQ+, caring for parents, and general)
- ✧ **Information and referral assistance** – connect with community services and resources and receive helpful suggestions
- ✧ **Webinars and family caregiver symposium** – topics related to emotional and logistical aspects of caregiving
- ✧ **Peer mentoring** – pairing of a new caregiver with a former/seasoned caregiver for inspiration and support

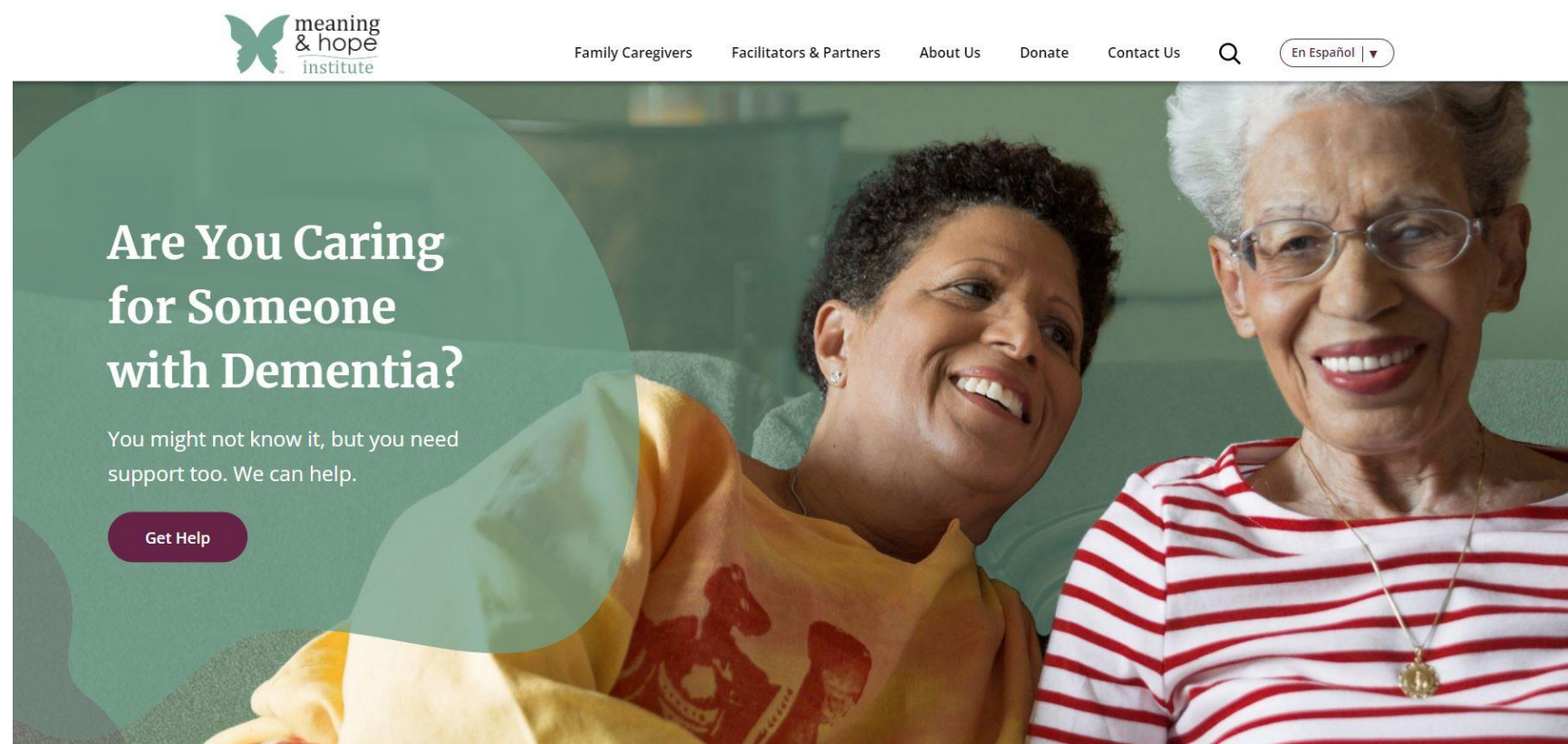


The State of Crisis for Dementia Family Caregivers

- ✧ Every state will experience at least a 12% increase in dementia patients by 2025; in **Arizona**, it is expected to **increase by 33%**. (Alzheimer's Association, 2021)
- ✧ Currently, **150,000 Arizonans aged 65+ have dementia**, and 262,000 serve as their family caregivers, annually **providing 511 million hours of unpaid care**. (Alzheimer's Association, 2021)
- ✧ **Senior dementia caregivers** with a chronic illness (i.e. diabetes or COPD) and caregiving-related stress have a **63% higher mortality rate than their non-caregiving peers**. (American Psychological Association)

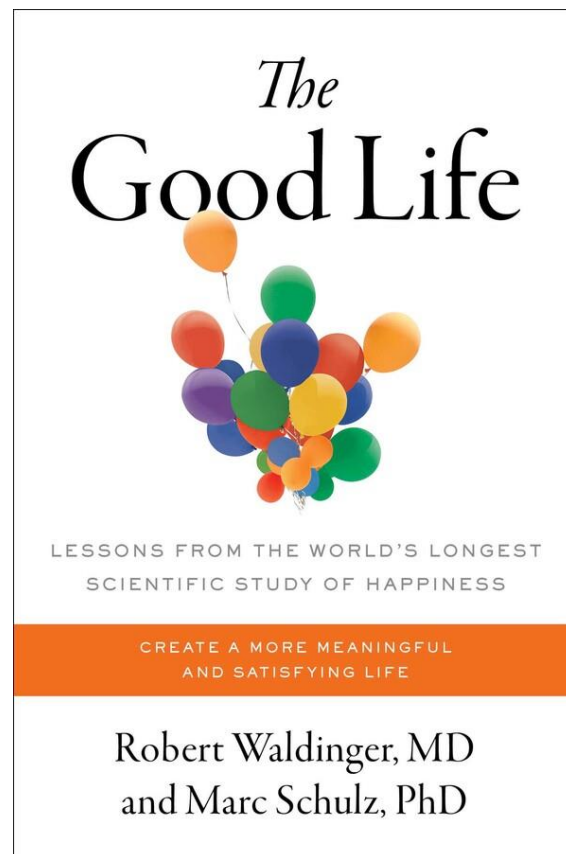
A Movement of Hope for Dementia Family Caregivers

✧ Meaning & Hope Institute – meaningandhope.org



✧ ***Finding Meaning and Hope*** – free-of-charge virtual and in-person video discussion series based on the work of Pauline Boss, Ph.D. and her groundbreaking book *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief*.

Next Chapter in My Life



- ✧ Duet's newest initiative: partnering with Lifespan Research Foundation to bring *Next Chapter in My Life* video discussion series to family caregivers age 50+
- ✧ Based on the work of Dr. Robert Waldinger, Director of the world's longest study on happiness
- ✧ His new book, "The Good Life," brings the study's research findings to all of us
- ✧ Key takeaway: Nothing is more important to happiness than having meaningful relationships
- ✧ Dr. Waldinger's YouTube TED talk:

https://www.google.com/search?q=youtube+robert+waldinger+the+good+life&rlz=1C1CHZL_enUS703US704&oq=&aqs=chrome.0.35i39i362j46i39i362j35i39i362l6.339806702j0j15&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:3849400f,vid:8KkKuTCFvzl



Duet

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Ask for help. Volunteer. Donate.

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