Independent Perspective #1933

Home and Happy with Dr. Dana Robbins

Transcript

00:00:00 Speaker 1

Welcome to Independent Perspective, a public affairs presentation of Western New York Independent Living.

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I'm your host, Tracy LeBlanc, Chief Community Engagement Officer at Western New York Independent Living.

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There's no question that we want those we care about to live their best life possible for as long as possible.

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But families are often overwhelmed by the decision to keep

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relatives and friends in their homes as they age.

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A local nonprofit called Home and Happy Inc.

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was founded in 2022 to assist with keeping older adults at home as long as possible.

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Dr.

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Dana Robbins, the founder of Home and Happy Inc.

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joins us today to talk about the nonprofit's work and some of the important considerations for families faced with an aging relative.

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Welcome to the show, Dana.

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Thank you.

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Thank you so much for having me.

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Dana, you're a physical therapist by trade.

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Can you tell us what Home and Happy Inc.

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is and what prompted you to start a nonprofit?

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Yes.

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So Home and Happy is a 501c3 nonprofit organization.

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As you mentioned, I founded it in 2022.

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I always knew I wanted to work with older adults in some capacity.

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I think it's kind of how I grew up.

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I grew up, I was on the younger end of my family members, so I didn't get put at the kids table, I got put at the older adult table.

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So

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So that's kind of who I hung out with.

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So, I attribute that to my desire to work with this population.

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So, after graduating from physical therapy school with my doctorate, I went right into the older adult world.

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And just so happened, my first year within my career, COVID happened.

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So that also opened up a whole lot of other aspects to the health care world I didn't know about, I wasn't prepared about in school.

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So, it definitely shed a new light on how our system works, especially for that older adult population.

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So, this started off with understanding that most insurances will only cover one piece of equipment when you are being discharged from the hospital or a rehab stay.

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A lot of people need more than one piece of equipment,

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especially if this was a quick unknown unexpected event, right?

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So, I found that these things that could have been helped were the part of the reason people weren't returning home.

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Great.

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Why is movement an important part of the aging process?

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Movement is a necessity in aging, and I think a big thing that happens is as we get older we stop moving because things do get challenging that is for sure but

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there's this whole part of we kind of need to start to fight against aging and it happens so much earlier than you think.

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So, between the years of 25 and 30, yes, 25 and 30 years old, we start this aging process.

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So, our muscles start to deteriorate, our bone density starts to decrease.

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Females, menopause, all of that stuff just puts us at a much higher chance and likelihood of things like osteoporosis and decreasing the quality of our bodies.

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So, we need to use movement to offset that.

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Can you tell us about the programs you offer through Home and Happy?

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Yeah, so Home and Happy, we have two main programs.

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So, our biggest program that we have is equipment donation.

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As mentioned before, insurance mostly only covers one piece of equipment upon a discharge.

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Yeah, people need a lot more than that usually.

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And those things can add up.

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So, we have some amazing loan closets and usually a lot of churches and other types of communities have great access to that.

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So, we have found ourselves to be most needed in the rehab world, especially with our

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rehab experience as myself being a PT and other board members in the rehab world to fill the gap of purchasing equipment for people in a more permanent setting.

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So, if someone is 65 years or older, that is really our only requirement is you have to be 65 years or older and they're finding themselves having more and more difficulty

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showering or stepping in and out of the bathtub, whatever it might be, and they need a more permanent solution, we can come in and help purchase something specifically for them.

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So that is our biggest program and the one we've been doing the longest.

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We also have free in-home therapy program.

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This is paused at the time.

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We're kind of just figuring out

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some budget and waiting for some grants.

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But what that provides is complimentary in-home therapy, and that's supposed to supplement insurance based.

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If someone is interested in more information about Home and Happy, how can they get in touch with you?

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Yes, so the absolute best way to get in touch with me is

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through e-mail, that is hello@home-happy.org.

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That is also our website.

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So that is home-happy.org.

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Great.

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That's all the time we have for this week.

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Thank you for joining us, Dana, and thank you for tuning in to Independent Perspective, a public affairs presentation of Western New York Independent Living.

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Today's guest was Dr.

00:05:24 Speaker 1

Dana Robbins, founder of Home and Happy, Inc., and I've been your host, Tracy LeBlanc.