

SPRY

Foundation

**The SPRY
Portfolio**

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Setting Priorities for Retirement Years

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SPRY (Setting Priorities for Retirement Years) Foundation, established in 1991, is an independent, nonprofit 501(c)3 “operating foundation,” that carries out research and educational activities. SPRY’s financial support is primarily provided by government, corporate, and private foundation grants. SPRY’s headquarters are located in Washington, D.C. SPRY’s nationally recognized Board of Trustees and staff are responsible for developing and overseeing its programs and finances.

SPRY’s mission is to help people age successfully.

SPRY’s work is centered around four (4) inter-related areas that are considered essential to aging successfully:

- Health and Wellness
- Mental Well-Being
- Financial Security
- Intellectual Fulfillment and Social Engagement

SPRY emphasizes planning and prevention-oriented strategies. SPRY’s programs focus on enabling people to better access and understand new information by translating research findings into consumer-friendly language. SPRY’s recent work emphasizes understanding and applying computer-based technology and multi-generational approaches to adult learning.

SPRY believes access to new information empowers individuals, their family and communities, so they can make better life decisions, thus remaining more independent and maintaining a high quality of life as they age. SPRY believes all people have the right to achieve the highest quality of life as they age.

SPRY's Partners

SPRY partners with government and non-government organizations to fulfill its mission.

Government agencies such as:

- National Institutes of Health
 - National Heart, Lung and Blood Institute
 - National Institute on Aging
 - National Institute of Nursing Research
 - National Library of Medicine
 - Office of Women's Health
 - Center for Disease Control and Prevention
 - Center for Medicaid and Medicare
 - Department of Veterans Affairs
 - National Science Foundation
 - U.S. Administration on Aging
 - Social Security Administration
 - World Health Organizations
 - Pan American Health Organization
- and many others...

Non-government partners such as:

- American College of Physicians
 - Baylor College of Medicine
 - Merck Institute on Aging
 - Penn State University
 - University of Georgia
 - University of Pittsburgh
 - Markle Foundation
 - Retirement Research Foundation
 - Robert Wood Johnson Foundation
 - The Association for Gerontology in Higher Education
 - American Medical Association
 - American Nurses Association
 - National Hispanic Council on Aging
 - American Telemedicine Association
 - Gerontological Society of America
 - American Society on Aging
 - National Caucus and Center for Black Aged
 - IBM
 - Intel
 - Aventis Pasteur
 - HomMed
 - Janssen Pharmaceutical
 - Merck
 - Microsoft
 - Omron Healthcare
 - Verizon
 - Viterion Inc.
- and many others...

SPRY's Capacity

SPRY's major programs fall into the following categories:

- National Conferences and Policy Briefings
- Intervention Research and Demonstrations
- Dissemination and Awareness

National Conferences and Policy Briefings

SPRY convenes national research, program and policy leaders to focus on key issues related to helping people age successfully. The agenda of these translational conferences includes state of the art presentations about new research, juxtapositioned with pragmatic discussions addressing practical issues of community-based implementation. The outcome of these conferences include the prioritization of future research, the development of a guide or other practical information resource for the public or professionals, and the presentation of policy issues to national leaders.

One of the areas of SPRY's leadership has been its focus on the role of Computer/Internet Technology and Aging, with a special interest on health. National meetings, co-sponsored by over 30 government and non-government organizations and attended by more than 350 participants, have been held on the main campus of the National Institutes of Health, in Bethesda, Maryland.

1999 – “Older Adults, Health Information and the World Wide Web-I” focused on identifying what is needed to increase older adult access and usage of computer technology for health information.

2001 – “Older Adults, Health Information and the World Wide Web-II” focused on identifying how to help older adults identify quality of health information on the Internet.

2003 – “Computer Based Technology and Care-giving for Older Adults” focused on understanding how computer technology is being harnessed to provide older adults and their caregivers supportive services while better enabling them to stay in their homes and communities.

SPRY has also worked with Congressional colleagues on Capitol Hill, and convened briefings where leaders in research and implementation, together with consumer representatives, discuss priority concerns and policy implications related to aging successfully. Media coverage and publications further disseminate this information to the public. Examples of Congressional Briefing topics include:

- Redefining Retirement: Research Directions for Successful Aging Among America's Diverse Seniors
- Older Adults Health Information and The World Wide Web: Making Technology More Accessible
- Mental Health and Aging: Addressing the Unmet Needs of America's Elderly
- Computer Based Technology and Home-based Caregiving for Older Americans: What's New; What's Next

Intervention Research and Demonstrations

SPRY also partners with government and non-government organizations to develop interventions that address key issues related to aging successfully. SPRY's role is both to function as a broker, by bringing together the best resources to develop new and practical solutions to key problems, and to translate the new research findings so the interventions can be tested and demonstrated at the community level. From these experiences SPRY can then convene national forums to further promote awareness of these issues to policy leaders and the public.

1997 Satellite Television Medicare Education Program for the Aging Network: "Quality of Care in Managed Health Care for Older Adults"

A NATIONAL TOWN FORUM event focused on providing representatives of the Aging network around the US with new government information about HMOs and assessing Quality of Care provided in cooperation with government and non-government agencies.

1998 Satellite Television Medicare Education Program for the Aging Network: "Medicare and You"

A NATIONAL TOWN FORUM event focused on providing representatives of the Aging network around the US with

new government information about the MedicarePlus program that was just being launched. This was in cooperation with government and non-government agencies.

2000-2003 Caregiver PA Model Website

A research collaboration between the SPRY Foundation, Department of Aging, Commonwealth of Pennsylvania, and Penn State University Gerontology Program to design a model consumer website that provided county specific caregiving information that was easily accessible and understandable by older adults, family caregivers, and other professionals working with them.

2002-2003 Using the Internet for Older Adult Caregiving

A model research program designed and tested in New Jersey in cooperation with state government and state private agencies. This provided aging network professionals with training and educational tools to work with their older adult and family member constituents. The Internet was used to access important caregiving information.

2002-2003 Developing a Consumer Oriented Caregiving Website and Staff Training

A research program, based on the results of the Caregiver PA initiative. Evaluation and training materials together with technical support were provided to five states to develop or enhance their state caregiver website and train their key staff. These states included: Arkansas, Delaware, Iowa, Maryland and Nevada.

2001-2004 "Science Across the Generations"

An intergenerational learning research program in which twenty science education modules have been developed and tested in 25 U.S. cities to better understand the dynamics of inter-generational learning, within an informal science education context.

2003-2004 High Blood Pressure Awareness Education Project

SPRY produced three innovative curriculums aimed at helping individuals identify high blood pressure, understand the risk factors of the disease, and learn to prevent or control the condition through health behavior changes such as diet and

exercise. Each curriculum was targeted at a specific audience: middle school students and their families, older adults 55 and over, and intergenerational teams of elementary school-age children and older adults.

2003 Internet Advocacy

A technology and education program, designed to better understand how older adults and advocacy groups working with them, could become more effectively involved in the policy process through creative uses of computer-based technology and the internet. A “stage 1” prototype for Internet advocacy was developed and shared with the community.

Dissemination and Awareness

SPRY is continuously exploring new and creative ways to disseminate information to older adults, family members, professionals working with older adults, researchers, policy makers as well as the public, about the needs required to help people age successfully. Sometimes publications and other communications materials are derived from conferences, while in other situations SPRY develops a report independently. SPRY is also called upon by both domestic and international leaders to provide input into their strategic thinking about aging successfully.

Formats: Reports (R); Guides (G); Compact Discs (CD) , Video (V)

Examples include:

- Making Decisions About Long-Term Care: View from Professionals (R)
- Making Decisions About Long-Term Care: Voice of Elderly People and Their Families (R)
- Information and Referral Systems: An Evaluation Report on Technical and Public Outreach Challenges (R)
- Quality of Care in HMOs for Mature Adults: An overview of current measurements and evaluation initiatives (R)
- Redefining Retirement: Direction for Successful Aging Among America’s Diverse Seniors. (R)

- Older Adults and the World Wide Web: A Guide for Web Site Creators (G)
- Comprehensive Curriculum for Training Older Adults with Intermediate Level Computer Skills (G)
- Evaluating Health Information on the World Wide Web: A Hands-on Guide for Older Adults and Caregivers (G: English and Spanish)
- Computer-Based Technology and Caregiving of Older Adults: What's New, What's Next (G: English and Spanish)
- Mental Health and Aging: Addressing the Unmet Needs of America's Elderly (R)
- Using the Internet for the care of Older Adults: A Training Curriculum (G, CD, V)
- Communicating With Older Adults, A Guide for Health Care and Senior Service Professionals and Staff (R, CD)
- Public Policy and Aging Report for Computer-Based Technology and Caregiving for Older Adults (R)
- Human Rights: A New Language for Aging Advocacy (R)
- Innovations in Health Advocacy for Older Americans (CD)

Future of Aging Successfully

Older Adults (65+) are the fastest growing segment of the U.S population and are expected to comprise nearly 25 percent of our population by 2025.

Given these rapidly changing demographics, the SPRY Foundation believes the need exists now more than ever to focus major research and education on developing creative, high-quality, cost-effective approaches for increasing the access and understanding of new information by older adults, their family members, and professionals who support them. This new information should focus on enabling people to plan and undertake preventive strategies as a fundamental component of successful aging.

Moving forward with this agenda, SPRY Foundation promotes the following values in its programs:

- Life-long learning
- Equal employment opportunities
- Inter-generational solidarity
- People aging in their home and community
- Involving older adults in political processes that affect their rights

Helping people age successfully will require providing older adults with necessary information to retain greater independence and decision-making control on key issues that affect the quality of their lives. Harnessing radio, television, computer, Internet, satellite and other new forms of electronic communication technology will be essential to achieving this consumer-centered approach to development. Similarly, using multi-generational strategies will provide other new opportunities for older adult learning.

SPRY's vision is to assure that as all people age they maintain a high quality of life and continue to be productive members of society, contributing to a more peaceful, prosperous and just world in which all human beings can live better and safer lives.

National policy leaders have recognized SPRY's leadership role:

"I would like to congratulate the SPRY Foundation and everyone involved in developing this first international conference on "Older Adults, Health Information, and the World Wide Web." I commend this truly collaborative public-private initiative which combines scientific research with practical applications to improve the health of older Americans."

- Vice President Al Gore
March 1999

"I commend the SPRY Foundation, along with the many Federal agencies and other sponsors who worked to make this conference possible. Your efforts contribute to the health and well-being of countless men and women through out our great nation."

- President George Bush
February 2001

"I commend the SPRY Foundation for recognizing the important services computer-based technologies can provide and for making them more accessible for older adults and their families. Your efforts will surely be rewarded in the improved lives of the millions of Americans this program and others like it have touched."

- Senator Arlen Specter
October 2003

"Your (SPRY Foundation) Conference marks an important milestone in alerting our society that key transitions are occurring in our health system."

- Dr. Elias Zerhouni, Director, The National Institutes of Health
October 2003

"We are pleased to have supported the legislative policy briefing on Emerging Computer-Based Technologies and Care-giving for Older Americans: that the non-partisan SPRY (Setting Priorities for Retirement Years) Foundation recently hosted..."

- Congresswoman Hilda Solis and Senator Mike Crapo
June 2004



The SPRY Foundation invites other interested groups to partner with us in our common mission to help people age successfully.

For more information on the SPRY Foundation please visit our web site, WWW.SPRY.ORG.



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