

How Advocacy Can Make Your Voice Heard

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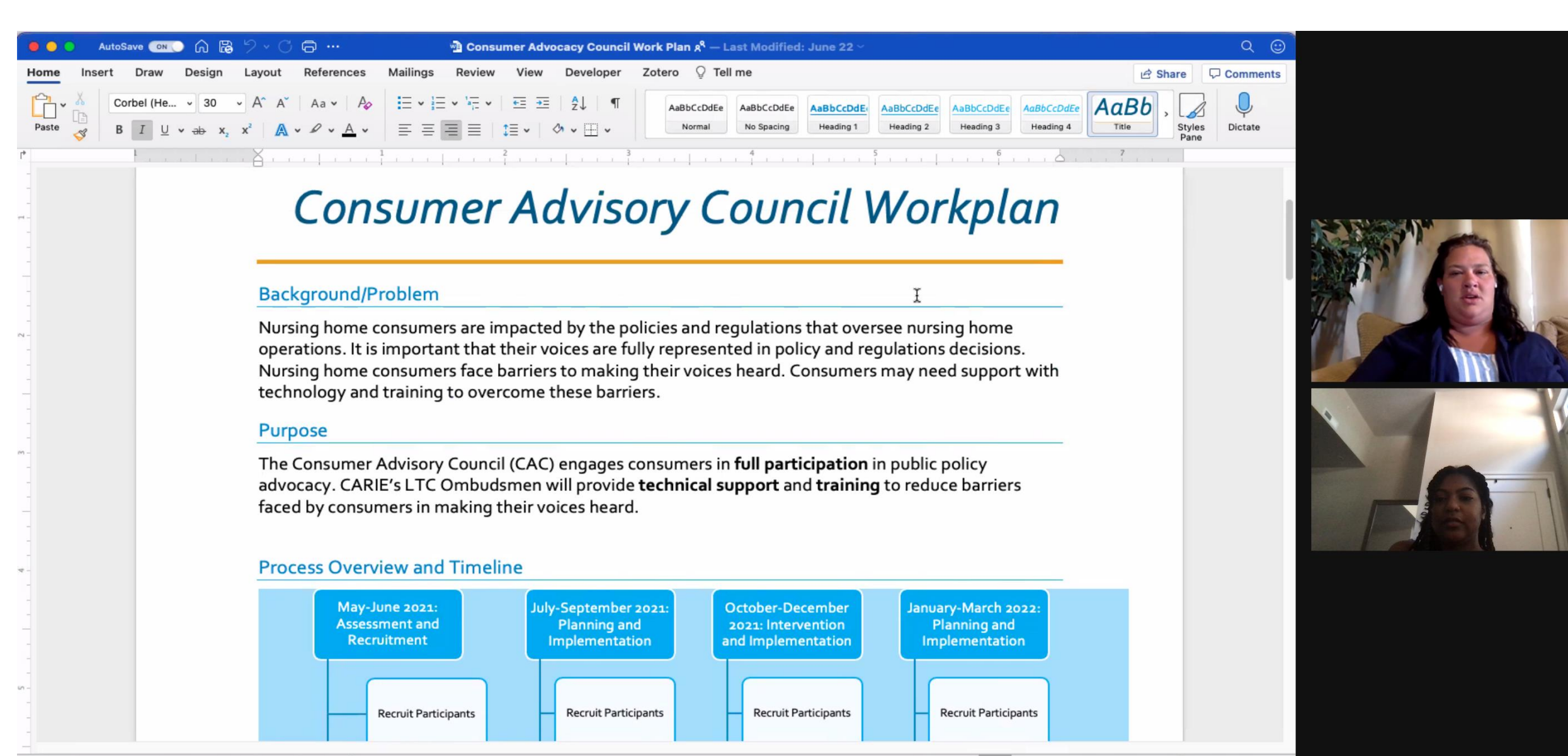
COMMUNITY PARTNER

The Center for Advocacy for the Rights & Interests of the Elderly (CARIE), located in Center City Philadelphia, serves older adults in Center City, South Philadelphia, Southwest Philadelphia, North Philadelphia and West Philadelphia. CARIE is an advocacy organization dedicated to promoting the well-being, rights and autonomy of older adults through advocacy, education and action. <https://www.carie.org/>



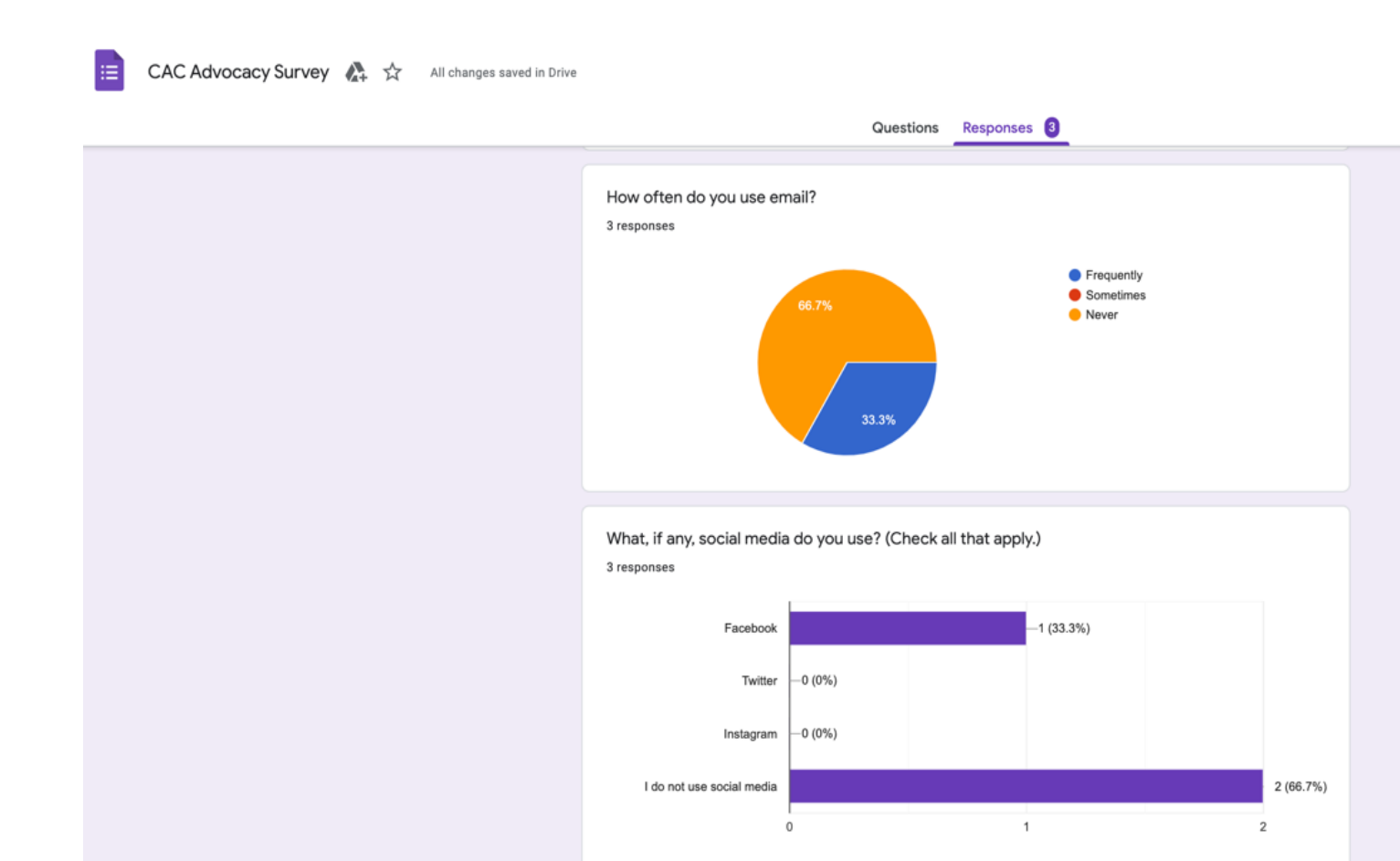
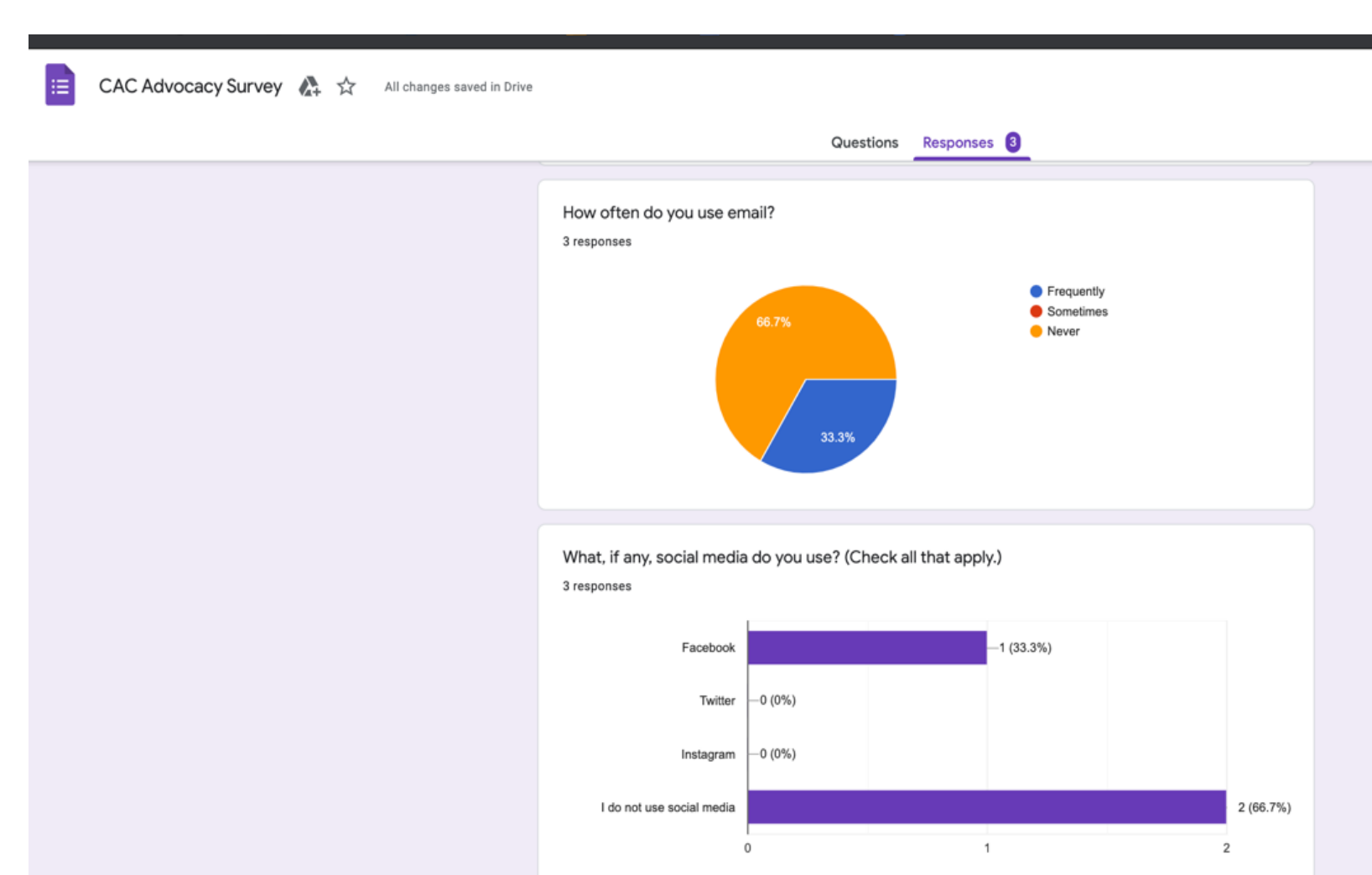
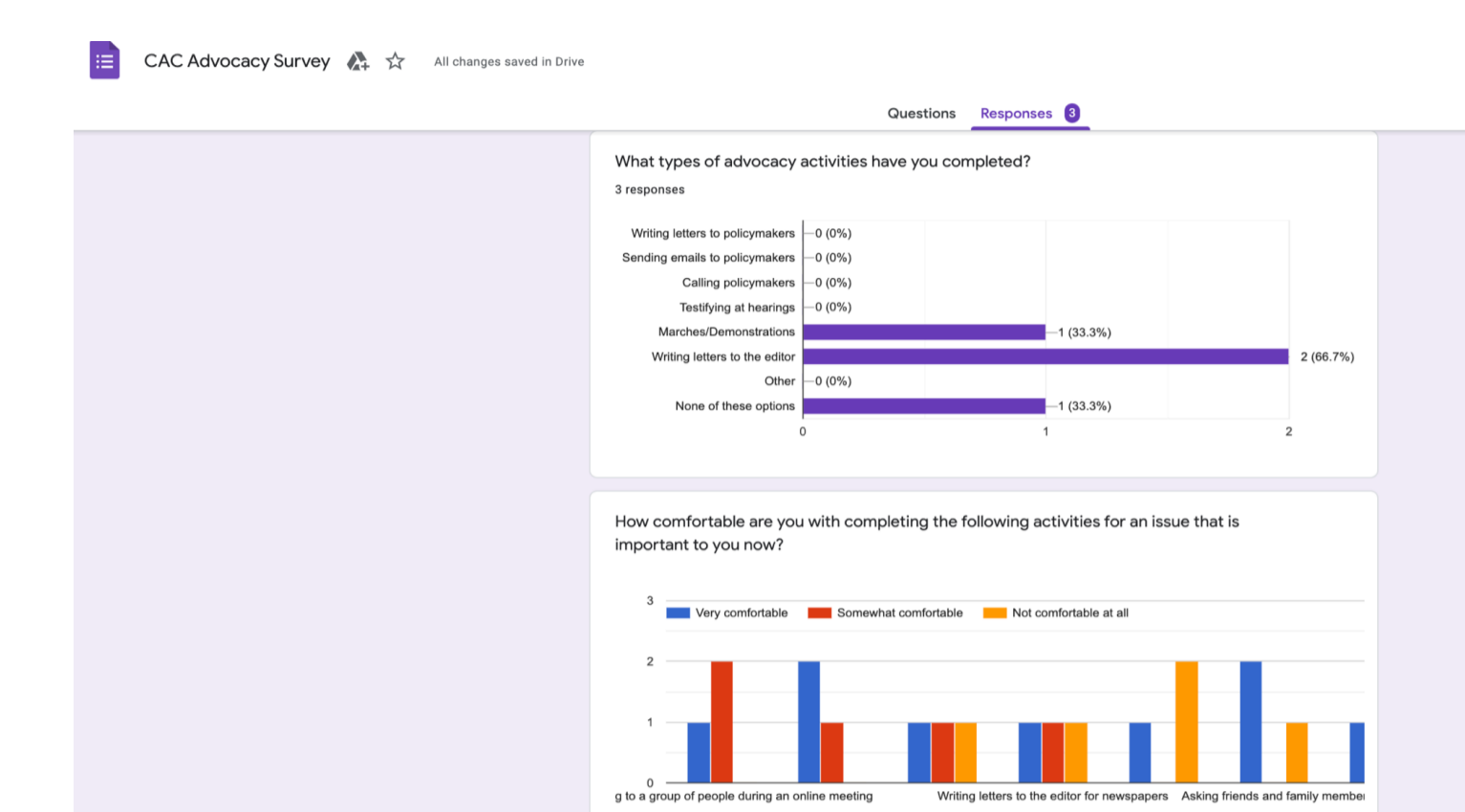
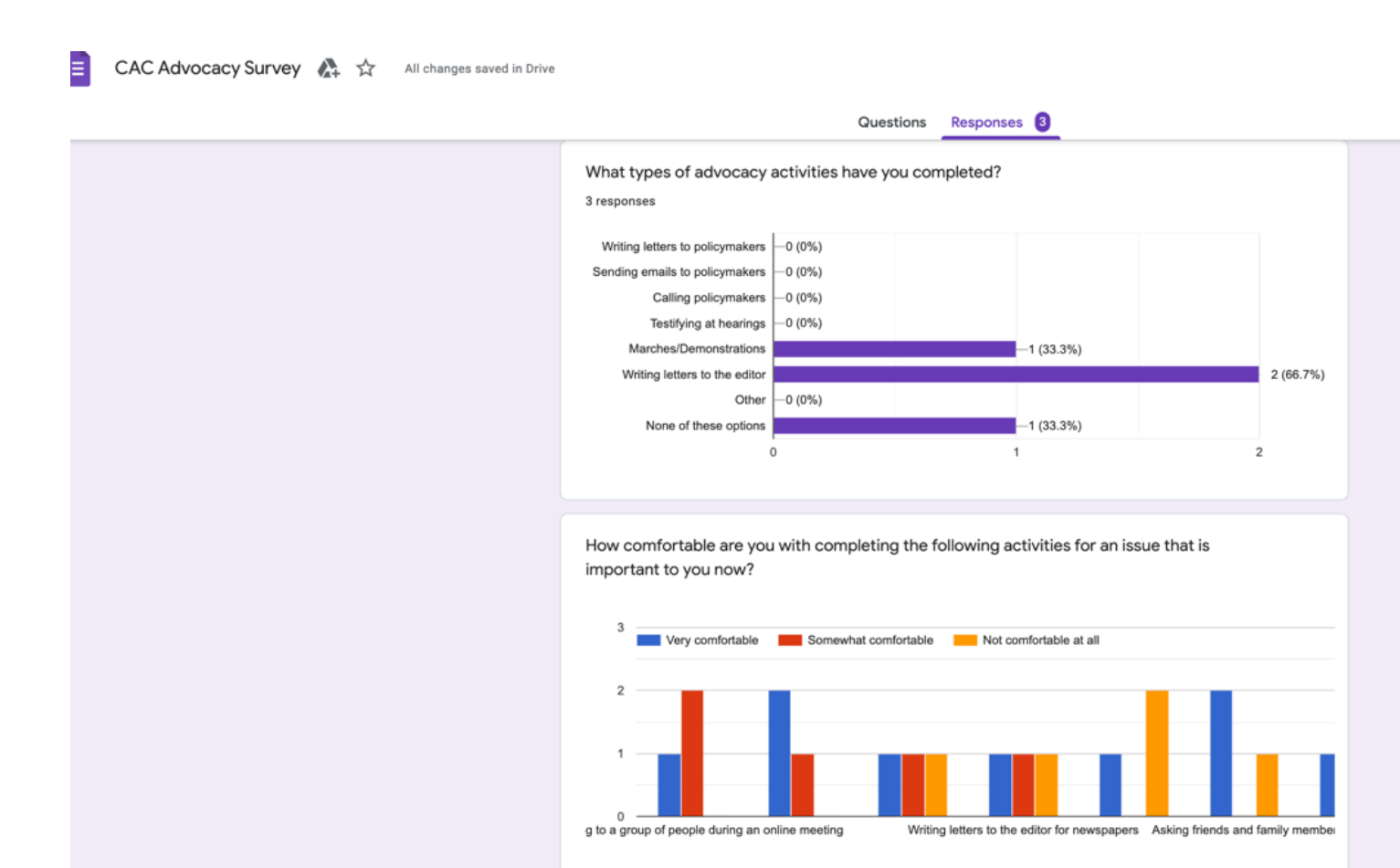
PROJECT GOALS

For my project with CARIE, I was tasked with creating a Consumer Advisory Council. The council's function is to engage nursing home consumers in full participation in public policy advocacy. The CAC will consist of nursing home residents and any of their family and friends who are interested in partaking in public policy advocacy, such as reaching out to local and state policy makers to enact change. Consumers who join the council will receive technical support and training to help reduce any barriers faced in making their voices heard. I was also in charge of creating a needs-based assessment and interviewing residents to ascertain the barriers consumers may face when joining the council.



PROJECT RESULTS

- ❖ Created a needs-based assessment to ascertain the technology and advocacy barriers consumers may face when joining the council.
- ❖ Interviewed residents to gauge what policies and issues they want addressed during council meetings.
- ❖ Created a physical flyer and interest form to pass out to nursing home residents to help combat the technical barriers many residents still face.
- ❖ Created a curriculum for the CAC that can be adapted as the residents see fit.
- ❖ Researched free technology training programs that are offered to seniors.



REFLECTION

My time with CARIE and Bridging the Gaps has been so incredibly fulfilling. I had the opportunity to learn first-hand about the experiences of several of the nursing homes residents during the Covid-19 pandemic and how it affected their mental and physical health. I was able to survey some of the residents who were happy to share their experiences over the past year and discuss their interests in advocacy. I was fortunate enough to work with an amazing team this summer and research the different ways that nursing home consumers can advocate for themselves. This experience has broadened my understanding of long-term care facilities as I had no prior knowledge before interning with CARIE.