

**AGING SERVICES COLLABORATIVE  
PLANNING WORKSHOP ON HEALTH AND WELLNESS  
Work Plan Development Notes  
2.12.09**

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**ASC Work Group 3: HEALTH AND WELLNESS**

Strategy 1 – **Promote** healthy aging through physical **activity**, healthy nutrition, and social activities among older adults to prevent falls, chronic disease, and isolation

Strategy 2 – **Promote education** about **prevention** and management of chronic disease, resources, best practices and long-term care planning

Strategy 3 – **Increase access** and **availability** through the integration of mental and physical health services

**Detailed List of Health and Wellness Strategy Accomplishments**

**Strategy 1: PROMOTE HEALTHY AGING THROUGH PHYSICAL ACTIVITY, HEALTHY NUTRITION, AND SOCIAL ACTIVITIES**

<b>Current Reality</b>	<b>1<sup>st</sup> Yr Accomplishments</b>	<b>3-5 Yr Success Indicators</b>
<ul style="list-style-type: none"> <li>- Lack of LTC planning</li> <li>- Healthcare providers (Kaiser, Blue Cross, Hospitals) have health programs</li> <li>- Health providers currently "doing their own thing"</li> <li>- Some health orgs. Are funding community health initiatives</li> <li>- There is a hospital committee through Healthy Silicon Valley</li> <li>- Individual doctors give workshops (from Valley Med)</li> <li>- Medical libraries open to public exist at some hospitals..list is on Plane Tree</li> </ul>	<ul style="list-style-type: none"> <li>- Evaluate best practices and prioritize strategies in health and wellness</li> <li>- Approach funders to support best practices</li> <li>- Identify what faith-based and cultural orgs are offering seniors</li> <li>- Outreach to PACT and ask them to engage in ASC</li> <li>- Invite members of faith-based and cultural orgs to join the conversation and ASC</li> <li>- Engage library in outreach</li> </ul>	<ul style="list-style-type: none"> <li>- The broader community will be aware of services</li> <li>- Faith-based orgs have programs to serve seniors and are involved in disseminating information and are part of ASC</li> <li>- Reaches out to all cultural communities</li> <li>- Materials translated into multiple languages</li> <li>- Ongoing classes or events around preparing for LTC (ex. Senior Survival Planning)</li> <li>- Ways to measure reduced hospital visits and other health</li> </ul>

website - Active inter-faith council - Prevention and safety info is getting out to caregivers - Strong library system that could be part of the education process		indicators are established
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## Strategy 2: PROMOTE EDUCATION

Current Reality	1 <sup>st</sup> Yr Accomplishments	3-5 Yr Success Indicators
<ul style="list-style-type: none"> <li>- Health Trust to distribute guides for senior centers</li> <li>- Alviso has a "Spring Chickens" exercise program to document the effects of exercise</li> <li>- Fire dept used to do in-home safety checks</li> <li>- San Jose streets and traffic have public education re: pedestrian safety</li> <li>- Senior Commission surveying seniors around cross walks and bus shelters at senior centers. VTA will consider the results</li> <li>- Health Trust has Healthy Aging strategy</li> <li>- Health Trust best practice symposium in March for professionals</li> <li>- Grants program and compendium (Health Trust)</li> <li>- Safety signs installed at some senior centers</li> <li>- Health Trust wants to create a network for best practices in health and safety</li> </ul>	<ul style="list-style-type: none"> <li>- Explore and decide on the creation of a Falls Prevention Task Force</li> <li>- Set up an internship program for SJSU interns to work with seniors who are homebound or in residential care to increase mobility and collect data to document improvement</li> <li>- Alviso to extend existing exercise program and share results with ASC</li> <li>- Identify senior centers and city processes for improving pedestrian safety</li> <li>- Incorporate fire and pedestrian safety into guides currently in development and engage partners in distribution (Healthy Steps program)</li> <li>- Inventory existing falls prevention programs</li> <li>- Raise funds to print material and distribute Healthy Steps (50,000 copies)</li> <li>- Develop a dissemination plan to ensure use of the Healthy Steps materials</li> </ul>	<ul style="list-style-type: none"> <li>- Core services are promoted as a package</li> <li>- Reduction in senior falls as measured by pilot programs</li> <li>- Reduced number of seniors in nursing homes</li> <li>- Reduction in hospitalizations due to falls</li> <li>- Increase in the % of seniors attending exercise classes</li> <li>- Increase in the number of physical activity programs available to seniors</li> </ul>

## Strategy 3: INCREASE ACCESS AND AVAILABILITY

Current Reality	1 <sup>st</sup> Yr Accomplishments	3-5 Yr Success Indicators
<ul style="list-style-type: none"> <li>- Very few Gero MDs</li> <li>- Prop 63 (Golden Gateway) program under Catholic Charities offers county-wide</li> </ul>	<ul style="list-style-type: none"> <li>- Identify existing mental health resources and how then breakdown in SCC</li> <li>- Identify advocates in mental</li> </ul>	<ul style="list-style-type: none"> <li>- More awareness in the medical community of the connection between mental, physical and financial health</li> </ul>

<p>in-home assessments, meds management and counseling. Capacity is 200-300 in-home and 75 served</p> <ul style="list-style-type: none"> <li>- SCC has 1 Gero specialist for mental health</li> <li>- Golden Gateway is not yet well known</li> <li>- 3 orgs provide mental health services to older adults (60+) mostly for ethnic communities</li> <li>- Approx. 3,000 seniors in need. Ability to serve &lt;50%</li> <li>- Increased anxiety due to current financial crisis</li> <li>- System still sees mental health and physical health as separate entities</li> </ul>	<p>health community to do presentation on mental health topics for seniors and families</p> <ul style="list-style-type: none"> <li>- Get speakers to do training for professionals (CME)</li> <li>- Training for professionals, senior center staff and volunteers on how to deal with difficult clients</li> </ul>	<ul style="list-style-type: none"> <li>- Regular consultation between mental health and physical health professionals and a willingness to educate their patients</li> <li>- Speaker to teach about depression and other mental health issues</li> <li>- Individuals know how to advocate for themselves with regard to health and mental health care</li> <li>- Individuals will have the education and tools to take charge of their health care</li> </ul>
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**Overall Successes**

1. Dancing at events, senior centers seen as a “home away from home’
2. Healthier seniors that are educated around prevention
3. Bike paths are frequented
4. Seniors are being honored
5. Overall numbers of unhealthy seniors is down as a sign that the demands are being met
6. No one has to use walkers
7. There is no isolation
8. Best practices in LTC exists
9. There is more senior involvement, outreach and education
10. Stigmas are eliminated and pride issues are addressed

**Parking Lot Issues**

1. None noted