

DEVELOPING A CENTER FOR HEALTHY AGING AT DOMINICAN UNIVERSITY OF CALIFORNIA

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Learning Objectives

1. Understand the need to establish CHA in medical, educational, and community settings.
2. Learn about the process required to develop a CHA.
3. Value the role occupational therapists can play in the planning, development, and maintenance of CHA.
4. Learn how using a logic model can facilitate planning grant funding for new programs.

Background

- 65+ fastest growing segment of population. (USHHS, 2012).
- By 2030, 1:5 Americans will be 65+. (CDC, 2012)
- In Marin county, 16% of residents over age 65, expected to rise dramatically. (US Census Bureau, 2010)
- San Rafael, CA considered a NORC. (Buday & Caprener, 2007)
- Health promotion,community- based services for older adults part health care reform. (USHHS, 2012).
- OT programs can promote healthy aging. (Bethea, Lovett, Cooks, & Bell,

2010, Fisher, Atler, & Potts, 2007;Thomas, Pinkleman & Gardine, 2010).

Healthy Aging : A Global Priority

“AOTA’s Centennial Vision has identified productive aging as a key societal need in the 21st century. Our society's rapidly aging population, increased longevity, the changing world of work, and baby boomers' focus on quality-of-life issues are some of the factors that will increase the need for services in this area.” (AOTA, 2013)

What is Healthy Aging ?

- Centers for Disease Control: *“The development and maintenance of optimal physical, mental, social well-being and function in older adults.”*
- Healthy People 2020 goal: *“Improve the health, function, and quality of life of older adults.”*
- World Health Organization: *“The process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.”*



- Small private university: enrollment of 2100.
- Established in 1890, liberal arts foundation.
- Located in Marin county, 12 miles north of SF.
- Affluent residential neighborhood, NORC.
- University-wide emphasis on engaged and experiential learning, community-engaged learning, service learning, intergenerational programs.

DUC Programs for Older Adults

- Healthy Seniors (OT).
- Community Programs (CarFit, Fall Prevention).
- CHN Senior Housing Programs (NSG).
- OLLI program (classes, lectures, clubs).
- Intergenerational Conversations (HNS).
- Leadership Lecture Series(Business).
- Access to campus facilities
 - Dining Hall, Fitness Center, Library, Grounds.

Creating the Center: Phase I

- Fall 2011: Internal grant to hire consultant, complete needs assessment process, develop initial strategic plan.
- **Goal: Establish a Center for Healthy Aging at DUC.**
- Purposes
 - 1. Promote healthy aging for older adults.
 - 2. Highlight existing DUC programs serving older adults.
 - 3. Provide intergenerational experiences for Dominican students.
 - 4. Support and disseminate research about healthy aging.

Phase I: Process and Timeline

1. External consultants hired: November, 2011.
2. Review of other CHA's nationwide: December, 2011.
3. DUC campus-wide survey: February, 2012.
4. DUC focus group completed: April, 2012.
5. Community focus group completed: May, 2012.
6. Consultant report presented: June, 2012.

Logic Model

- Used for program planning and assessment.
- Designed to efficiently communicate program elements.
- Inputs/resources, processes/activities, outputs, outcomes.
- “**Logical**”: based on empirical and theoretical evidence.
- Brings together key stakeholders in an iterative process.
- Used to build academic-practice partnerships (McFee, 2009).
- Benefits from skilled facilitation.

CHA: Logic Model

Resources	Activities	Outputs	Outcomes	Impact
<ol style="list-style-type: none"> 1. SIG grant of \$9,300 2. Consultants 3. Faculty leadership of CHA 4. DUC faculty and staff on steering committee 5. Space for meetings 6. Administrative support and resources 	<ol style="list-style-type: none"> 1. Survey campus community 2. Conduct stakeholder focus groups 3. Review other centers for healthy aging. 4. Aggregate and analyze data 5. Write report 56 Create strategic plan 7. Research grant-funding sources 8. Write grant proposal, solicit funds from donors. 	<ol style="list-style-type: none"> 1. Completed survey of current campus activities, courses, programs and services focused on aging and older adults. 2. Written report of findings 3. Recommendations for next steps 4. Draft strategic plan 5. List of possible grant funders or other funding sources 6. List of needed next steps 	<ol style="list-style-type: none"> 1. Increased awareness of current DUC activities focused on older adults and aging. 2. Better understanding of issues and needs of older adults in MC, ways DUC can help. 3. Increased understanding of how to best educate health professions and other students to work with older adults. 	<ol style="list-style-type: none"> 1. Older adults in diverse Marin County communities will live well as they age 2. DUC students and alumni will effectively interact with older adults in work and community settings. 3. DUC viewed as a resource to for healthy aging education, research, programs, and services.

Phase I Results

1. Written report and plans produced, June 2013.
2. Internal steering committee formed.
3. Meetings with key stakeholders.
4. Growing campus-wide interest in CHA.
5. Growing community-wide interest in CHA.

Community Focus Group Findings

1. No need to replicate existing social services.
2. DUC as knowledge producer and generator.
3. DUC as thought leader: re: best practices, evidence-based interventions to promote healthy aging.
4. Potential unique contribution in promoting “intergenerational” programs.
5. Healthy aging is not just about physical health.
6. Opportunities to develop programs for underserved seniors.
7. Opportunity to train the next generation of aging services professionals.

DUC Focus Group Findings

1. Interest in promoting all aspects of healthy aging.
2. Engaged learning opportunities for students.
3. Highlight existing programs (OLLI, Healthy Seniors).
4. Existential, “meaning-making” aspects of aging.
5. Important to reach out to diverse seniors.
6. What can be Dominican’s unique contribution?
7. CHA as information sharing center, activity hub.
8. Good community relations opportunity.

Phase II: Ongoing

- Development of community advisory committee.
- Designated center director (proposed).
- Development of vision, mission, strategic plan, budget.
- Master's thesis students developing website.
- Seeking outside donors, funding.

Draft Vision and Mission for DUC/CHA

Vision: The *Center for Healthy Aging* will promote healthy aging as a multi-dimensional, positive process, educate health professions students about healthy aging, and build intergenerational relationships between DUC students and older adults to improve the health and well-being of our community.

- **Mission:** The *Center for Healthy Aging* supports healthy aging through promoting current Dominican University programs and services for older adults, creating intergenerational connections between DUC students and older adults, especially Dominican neighbors; and conducting and disseminating research and best practices in healthy aging through lectures, presentations, and publications.

Center for Healthy Aging Website

- OT Master's thesis project.
- On-line by December, 2013.
- Hosted on DUC/OT department website.
- Theoretical frameworks:
 - Ecology of Human Performance (Dunn, 2007).
 - Six Dimensions of Wellness (National Wellness Institute, 2012)

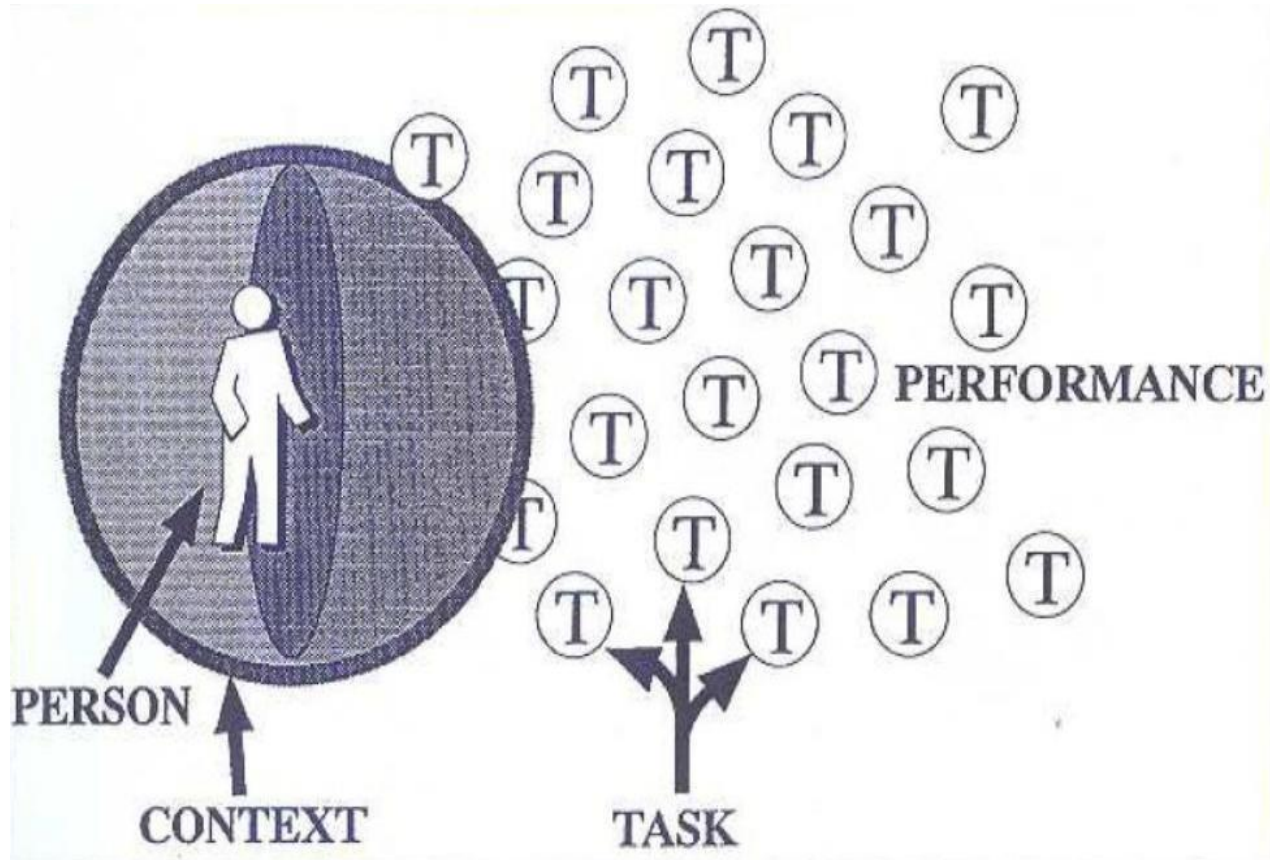
Internet Use in Older Adults

- Older adults currently the fastest growing population of internet users (Chen, Hewitt & Lee, 2011) .
- Websites designed with fewer distractions, that provide 'click here' signs and are simple to understand provide older adults with cognitive, visual and dexterity challenges a better chance of accessing the website (Hassanein, Head & Wangner, 2010).
- Older adults search less for disease-specific answers on the internet-the most common search is for a broader spectrum of health tips for maintaining independence (Tambuam, 2010).

Target Audience

- Primary
 - Older adults living in Marin County
 - DUC health professions students
 - Occupational therapy, nursing, public health, counseling psychology, pre-medicine
- Secondary
 - DUC faculty, staff, students
 - Family members of older adults
 - Older adults, general public

Ecology of Human Performance



Ecology of Human Performance

- Recognizes unique and dynamic interactions between people and their environments
- Context influences occupational performance
- Task is using CHA website
- EHP intervention categories used in web design
 - **Establish/restore:** healthy aging habits
 - **Modify/adapt:** strategies for healthy aging
 - **Alter:** unhealthy habits
 - **Prevent:** unhealthy aging
 - **Create:** virtual context to promote healthy aging

Dimensions of Wellness (National Wellness Institute, 2012)



Dimensions of Wellness

For overall wellness to be achieved, interrelated dimensions must be balanced



- **Physical:** Diet, exercise, sleep, functional performance
- **Social:** Relationships, clubs, group activities
- **Intellectual:** Lifelong learning, classes, hobbies, new skills
- **Emotional:** Depression, anxiety, loss, integration
- **Spiritual:** Religious/spiritual activities and beliefs
- **Occupational:** Paid employment, volunteer work, family caregiving

Initial Web Content

- Introduction to *Center for Healthy Aging*,
- Role of OT in promoting healthy aging.
- News and events calendar
- Sections organized by Dimensions of Wellness
 1. *Healthy Aging at Dominican*
Programs, services, facilities, etc.
 2. *Practicing the Six Dimensions of Healthy Aging*
Evidence-based, with web links.
 3. *Research Reviews on Healthy Aging*
Brief reviews of research studies related to healthy aging.
 4. *Resources for Healthy Aging*
Links and reviews of local, state, national, and international organizations.

Swerve!!

- 8.5 million \$ gift to renovate Meadowlands, Fall 2012.
- Historic renovation for Health Science Building.
- Completion timeline: 1-2 years.
- Possible home for CHA in Meadowlands.
- Exciting but complicated!



Challenges to establishing a CHA

- Funding
- Staffing
- Space
- Redundancy
- Lack of focus
- Competing demands
- Outside the “medical model”

Rewards of establishing a CHA

- Highlight your contributions to healthy aging.
- Publicize contributions of OT to healthy aging.
- Develop collaborative community partnerships.
- Cultivate potential donors, customers, supporters.
- Create opportunities for ongoing research, scholarship, program development in healthy aging.
- **Improve the health of your community!**

Small Group Discussion

- 1. What do you do now to promote healthy aging?
- 2. What else would you like to do?
- 3. What are the needs in your community?
- 4. What agencies or programs can you partner with?
- 5. What is the first step you can take?
- 6. Other thoughts, ideas?

"Grow old along with me! The best is yet to be" - Robert Browning



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