

Project EngAGE Curriculum Overview

1. Welcome/Introduction

This session will welcome you to Project EngAGE. You will have the opportunity to introduce yourself to the group and get to know the other participants. In addition, you will learn more about how Project EngAGE was created as well as its values and goals. You will spend some time learning about aging in Orange County & the US, be introduced to the Senior Center, and review broad concepts such as what it means to age in place and details regarding MAP. You will also be able to discuss problems you see in your community.

2. Aging in the Community, Part 1: Aging in Place

The **Aging in the Community**, three-part series will explore the concept of **Aging in Community** as a continuum. Today, in **Part 1: Aging in Place**, we will examine what it takes to age well in our homes, emphasizing universal design, environmental safety at home, and available in-home resources.

3. Aging in the Community, Part 2: Senior Housing Options

In **Part 2: Senior Housing Options**, we will learn about the range of established senior housing options, as well as creating new communities. At the end of the session, participants will understand the pros and cons of the various options, the strengths and challenges of creating and sustaining new living communities, and potential factors to consider when making the decision on where to age.

4. Aging in the Community, Part 3: Long Term Care Options & Considerations

In **Part 3: Long-Term Care Options & Considerations**, we will explore long-term care facilities, as well as long-term planning considerations, such as creating an advance directive and will. We will learn about existing long-term care options and levels available in Orange County, as well as the dimensions of quality care and patient rights. At the end of this session, participants will understand the differences between long-term care options and patient rights.

5. Dementia & Caregiver

In this session, we will explore dementia, dementia care, and caregiver support. We will participate in a dementia simulation activity to help you understand the experience of dementia, as well as tour PACE an “Adult Day Care” program.

6. Understanding the System

This session will explore county departments in order to build familiarity and understanding of these departments. For each department, we will cover services, roles related to older adults, scope, and the best way to reach the group with concerns. At the end of the session, participants will have a basic understanding of the function and capacity of each organization and how to access them.



7. Healthcare

We will explore the healthcare landscape for Orange County older adults by examining local resources and agencies, the Affordable Care Act and Medicare, as well as health and healthcare access disparities.

8. Wellness 1: Your Body

The Wellness, Body & Mind, two-part series, explores how we can live our healthiest lives by incorporating proven prevention measures that maximize our physical, emotional, and cognitive well-being as we age. In Wellness I: Your Body, we will learn about the most up-to-date connections between aging, nutrition and physical activity, as well as wellness-related opportunities and resources.

9. Wellness 2: Your Mind

In this second Wellness session, we will explore the concept of creating and maintaining a healthy mind, with an emphasis on prevention and evidence-based intervention. We will explore special aging and mental health concerns, including social isolation, depression, and anxiety, as well as brain health and cognitive decline. We will discuss the incidence, prevalence, and treatment of common mental health concerns, and the role of the Orange County mental health system, for older adults.

10. Skills Lab

This session will consist of activities and discussions to help you recognize and enhance the leadership, communication and program management skills you bring to your Senior Resource Teams.

11. Planning for Personal Emergencies

This session will explore available services and programs related to proactively preparing for, and responding to both personal emergencies, as well as larger-scale disasters, including community and senior hunger issues, Orange County Emergency Services, and community police programs.

12. Community Engagement

Through a series of local guest speakers, including Senior Leader graduates, round table and panel discussions, this session will provide you with a general understanding of the processes for successful community engagement and advocacy.

13. Prepare for graduation

This session will be a culmination of all of the sessions with a review and summary of the past sessions. We'll also discuss the future of the Senior Resource Teams with activities to plan projects, and connect with your fellow Senior Leader graduates.