

**Health and Wellness Work Group**  
Existing Programs and Services in Orange County  
**Meeting 1 & Homework Summary**

**Health Care Services**

- 1) Piedmont Health Services
  - a. Care Managers
  - b. PACE Program (Program of All-Inclusive Care for the Elderly)
    - i. Program for dually-eligible older adults (Medicare + Medicaid)
    - ii. Currently Alamance County, but serving some areas in Northern Orange Co.
    - iii. Also a PACE program in Durham
  
- 2) Local University Services
  - a. Geriatric Division at UNC
  - b. Duke Geriatric Evaluation and Treatment Clinic
  
- 3) Homecare and Hospice Groups (both have been invited to the group).
  
- 4) REACH Program
  - a. Program for frail patients of Family Medicine and General Internal Medicine. It extends the patient's primary care medical home by providing patient registries, comprehensive assessments, and care planning
  
- 5) 646 Medicaid Waivered Program
  - a. For dually eligible, Medicaid/Medicare patients to receive care management support as well as support from their primary care medical homes.
  
- 6) Palliative Liaison Advanced Care Team (PlanAct)
  - a. Identifies long-term care residents at high risk of death to be enrolled in program
  
- 7) Care Management Embedded in the Patient-Centered Medical Home
  - a. Patients are referred by primary care doctor due to high risk or frailty. Care managers at UNC Family Medicine and General Internal Medicine help older adults navigate the health care system.
  
- 8) Piedmont Health Services
  - a. "Small Business Health Services" Program
    - i. For older adults without Medicare, and who work for small businesses that are members of five local Chambers of Commerce and Associations (Caswell, Chapel Hill-Carrboro, Chatham, Hillsborough-Orange, Roxboro Area, Greater chapel Hill Association of Realtors).
    - ii. Not an insurance program, but provides primary care services including \$60 per doctor visit and \$10 for meds.
    - iii. Currently 200 members at Piedmont's Carrboro Site
  - b. Piedmont Pharmacy Services
    - i. No donut hole, and older adults must have primary care through Piedmont to access the pharmacy.

- c. Piedmont's PACE (Program of All-Inclusive Care for the Elderly) is looking for a location in Chatham County that will serve southern Chapel Hill. Services are designated by ZIP.
- d. Piedmont has a care-planning program similar to UNC Health Care's REACH program. This is provided in Moncure and Alamance.

### **Mental Health**

- 1) Piedmont Health Services
  - a. IMPACT program
  - b. Depression screening program; Piedmont Health Services works with UNC Psychiatry

### **Adult Day Care Services**

- 1) Soltys Adult Day Care Health Program – Hillsboro
  - a. Supported by Orange County outside agency funding
  - b. Soltys is different from Charles House in that Charles House provides socialization whereas Soltys Center is a combo-facility with an RN who monitors health and distributes medications as needed
  - c. Center is operated on a sliding scale and there is no requirement that participants be there every day of the week
  - d. No transportation provided to clients by Soltys, but OPT can transport participants
  - e. The greatest need for Soltys is marketing in order to let people know of its services and create demand for new facility.
- 2) Charles's House Association
  - a. Charles House Daytime Eldercare Center in Carrboro
  - b. Charles House Eldercare Home in Chapel Hill

### **Physician and Workforce Training**

- 1) Local Universities
  - a. Public Health, Social Work, Occupational Therapy, and Med Schools
  - b. UNC Certificate in Aging

### **Prevention and Wellness**

- 1) Falls Prevention:
  - a. Matter of Balance at the Department on Aging
  - b. Strong and Steady and Strength Training classes at Senior Centers
  - c. Balance Exercise Classes
- 2) YMCA's Silver Sneakers Program
  - a. Provided through some health insurance companies and Medicare
- 3) Meal Programs
  - a. Currently provided at both Senior Centers

- b. May want to enhance offering by incorporating additional elements as seen in The Local Food Partners for Enhanced Senior Nutrition Program in Saint Johnsbury, VT. This program received “Aging Innovations and Achievement Award” this year from the National Association of Area Agencies on Aging.
  - i. Expanded Service Sites
  - ii. Nutrition Screening/assessment programs, education and counseling
  - iii. Classes on how to shop, plan, and prepare nutritious meals that are economical
  - iv. Collaboration with other community organizations to enable easier access to locally grown food (also strengthening local economy).

### **Neighborhood and Community Support**

- 1) Project Compassion – Working with neighborhoods in Orange County
  - a. Non-profit organization in Chapel Hill, NC, that creates community and provides innovative support for people living with serious illness, caregiving, end of life and grief.
- 2) Carolina Villages
- 3) Retired and Senior Volunteer Program (RSVP) at the Orange County Department on Aging
- 4) Programs to support seniors with spiritual guidance and counseling as they age

### **Resources and Directories**

- 1) Chapel Hill and Durham Eldercare Resources ([www.CHADERnc.com](http://www.CHADERnc.com))
  - a. Provides networking and educational opportunities for senior-focused professionals while positively impacting the aging community in Durham and Orange Counties. 50 or 60 elder health care professionals, eldercare attorneys, providers, etc.
  - b. Meetings held at the Seymour Center

### **Pharmacy**

- 1) Need program similar to Durham County’s PharmASSIST program which provides discount meds to seniors without means
- 2) DoA works with the UNC School of Pharmacy for Medication Management and a faculty member helps older adults one-on-one. Clients can either self-refer or social workers can refer.