

Existing Programs and Services in Orange County Related to Health and Wellness

Orange County Department of Health

- Diabetes Self-Management Program - Program teaches adult diabetics how to manage and control their diabetes. Eligibility: Orange County adults with diabetes. Funded by fees, insurance, and grants. Contact: Renee Kemske, RD, LDN. Website: <http://www.co.orange.nc.us/health/DSME.asp>.
- Adult Health Clinical Services – Program addresses blood pressure, cholesterol management. Eligibility: Orange County adult with physician’s order. Funded by fees and the county budget. Contact: Kathy Glassock, RN, Clinical Supervisor
Website: <http://www.co.orange.nc.us/health/AdultHealthcare.asp>.
- Flu and Pneumonia Vaccinations. – Available during Flu season and/or at immunization clinic. Eligibility: elderly. Funded by Medicare and fees. Contact: Judy Butler, RN, Community Health Supervisor
Website: <http://www.co.orange.nc.us/health/AdultHealthcare.asp>.

Orange County Emergency Services Department

- Elder Treatment Protocol is being developed state-wide which will provide different guidelines for symptoms and treatment of older adults.
- Currently replacing AEDs with new models in the Seymour Center so that Seymour Center and Orange County staff know how to use them.
- Proposal: Rethink the “Vial of Life” model and get 2 gigabyte USB drives on which medical information can be stored. Find sponsorship. Have sign-up days at the Seymour Center. Medics carry “toughbooks” or iPads so they can plug in and have information. Using the same technology, can even send to the hospital so they have received it upon arrival.
- In last five years have increased resources (ambulance, paramedics, & EMT’s to accommodate 26% increase in work load).

Orange County Sherriff’s Office

- S.A.L.T. (Seniors and Lawmen Together) – Deputy makes call or personal contact to check on older adult’s well-being. To be eligible, older adults must have a need for contact on a regular basis. Funded by the county budget. Contact: Butch Clark
- Project Lifesaver: - Persons who might wander away are monitored by wearing transmitter bracelets. Eligible individuals are those who have wandered before or who

have a live-in caregiver (24 hours). Funded through donations, fundraisers, and grants. Contact: Butch Clark.

Orange County Department of Social Services

- **Adult Medicaid**

- **Adult Protective Services**

Services are available to adults who are incapacitated due to physical or mental disability and who are in need of protection because they are abused, neglected or exploited. Services include receiving and evaluating reports of a need for protection, planning and counseling with disabled adults and their families to identify and address those problems which cause abuse, neglect or exploitation, assistance in arranging for needed services such as medical care, support services in the home, appropriate living arrangements, legal services and others.

- **Adult Day Care**

A day program, which supports adults personal independence and promotes their well being. Services include activities designed to meet the needs and interests of the participants, and referral to appropriate community resources. Services are provided in a certified home or center. Adult day health services are an extension of adult day care services that offer health services to adults under supervision of nursing staff.

- **In-Home Aid**

Services which assist adults, children, and their families, with essential home management tasks, personal care tasks, and/or supervision, to enable them to remain in and function effectively in their own homes as long as possible. In-Home Aid Services may be used for the purpose of providing respite for a primary caregiver or for parents. The service is available at four levels of complexity and two areas of specialization: home management and personal care.

- **Guardianship**

The Orange County Department of Social Services, the Orange County Department of Aging, the Orange County Department of Health, and the Orange-Person-Chatham Mental Health Center are authorized by statute to serve as guardian for incapacitated adults.

Guardianship Services are provided to individuals who are alleged to be incompetent and to individuals who are adjudicated incompetent by the court and need a guardian. Services may include assessing an individual's need for guardianship; locating the appropriate person(s) to serve as guardian(s); and, when necessary, petitioning or assisting the individual's family to petition for the adjudication of incompetence and the

appointment of a guardian. Services may also include ongoing casework with the individual, the individual's family, and caregivers when the agency director or assistant director has been appointed as guardian. Responsibilities of the guardian may include making decisions about where the individual will live, authorizing medical treatment, managing the individual's finances, and filing status reports and accountings with the court.

- **Representative Payee**

The Orange County Department of Social Services serves as protective payee and provides services to individuals in jeopardy of being deprived of basic needs. When appointed as representative payee, the agency manages income to meet clients needs when the client has been determined unable to manage financial benefits.

- **Placement Services**

Adult Placement Services help aging or disabled adults find appropriate living and healthcare arrangements when their health, safety, and well-being can no longer be maintained at home. Placement arrangements are made in adult care homes, nursing homes, other substitute homes, residential health care settings, or institutions. Adults and their families receive help to complete medical evaluations and financial applications, and locate and move to new settings. They also may receive counseling to help them adjust to the change.

- **Special Needs Registry**

The Special Needs Registry is a database containing information about individuals in Orange County with special needs who may require assistance in the event of a disaster. If there is a disaster, those on the registry will be called and given information about how to prepare for or respond to the disaster, given information regarding facilities or shelters, and to check on their well-being. The information may also be used to assist emergency personnel and volunteers in providing assistance. Participation in the Special Needs registry is voluntary. Individuals on the registry decide whether to accept assistance and/or remain responsible for themselves in the event of an emergency.

- **Services for the Blind**

Services for the Blind helps visually impaired individuals integrate smoothly into their environment and community. It helps visually impaired persons with eye certification, adjustment and self-support, orientation and mobility, and counseling. Provides a variety of services for people who are visually impaired or blind. Services are designed to prevent blindness and restore sight so that individuals can develop their maximum capabilities and become self-sufficient.

- **Veteran's Services**

Orange County Department on Aging

- **Mental Health**

- Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) - In January, 2012, DoA staff will undergo training for the “Healthy IDEAS” program. This is an evidence-based program designed to detect depression and reduce the severity of symptoms for older adults through self-management. It includes screening and assessment of depressive symptoms, education for older adults and family caregivers about depression and self care, linkage to mental health professionals, and behavioral activation.
- Senior Wellness Clinic – Community members may get an assessment on their mental and physical health from a team of Aging Specialists at the Department on Aging. This program also has a falls prevention and education component. Assessments by appointment.
- Self-Help and Support Groups - The Aging Transitions staff at DoA provide self-help and group support to individuals through a Parkinson’s Support Group in Central Orange Senior Center, and a weekly group for individuals with mild dementia.

- **Caregiver Services**

- Caregiver’s Day Out – Program provided once a week at the Seymour Center for caregivers to leave their loved ones under the supervision of Seymour Center staff from 9-5.
- ‘Family to Family’ Workshops - DoA partners with the National Alliance on Mental Illness (NAMI) to provide 12-week ‘Family to Family’ mental health workshops twice a year. These trainings are targeted at caregivers taking care of individuals with severe mental illnesses.
- Support Groups - The Aging Transitions staff at DoA provide support groups at both Orange County Senior Centers. One of these support groups focuses specifically on caregivers. The other support group is for couples with at least one individual having Mild Cognitive Impairment.

- **Dental Health**

- Access Dental Mobile Van - Access Dental mobile van serves several assisted living and long-term care facilities in the region, including Carol Woods.

- **Medical Information Access**

- Information Sessions - Aging Transition staff provide monthly Medicaid Improvements for Patients and Providers Act (MIPPA) and Low Income Subsidy

(LIS) information sessions at local Wal-Mart stores, offering gift card “incentives” to entice seniors to participate.

- **Wellness Programs, Activities, and Services:**

- Chronic Disease Self-Management Courses– These courses are held at both Central and Seymour Senior Centers. They include diabetes education, diabetes self-management, and Living a Healthy Life, Chronic Disease Self-Management course.
- Individualized counseling on exercises, medication management, nutrition
- Exercise Classes:
 - Balance
 - Diabetes education
 - Feldenkrais
 - Fitness classes-aerobics, strength training, yoga
 - Pilates
 - Tai Chi
 - Yoga
- Fitness Memberships – Memberships to the CountySportsPlex through the Central Orange Senior Center in Hillsborough and the Seymour Center's Fitness Studio are available at special rates for people at least 55 years of age.
- Fitness Studio – At Seymour Center with cardioand strength-building equipment
- Orange County SeniorStriders - A mall-walking program designed for all levels of walkers, from the novice to the seasoned walker. Walking can be done on an individual basis or in groups.
- Telehealth – A free, user-friendly computer monitoring system for selected health care indicators. Provided to Central Orange Senior Center clients, Participating clients are screened for cardiovascular disease and diabetes risk factors. This project is funded by the Duke Endowment.

- **Other Wellness Activities**

- Free Blood Pressure Screenings
- Fit Feet Clinic (foot care for older adults)
- Free flu shots in October
- Health-related literature and videos on a variety of topics for loan

- Physical function assessments
- Therapeutic massage
- **Special Events**
 - Orange County Senior Games
 - National Senior Health and Fitness Day Celebration, last Wednesday in May
 - Special presentations by UNC-Chapel Hill faculty and students