

Health and Wellness Work Group
Suggested Programs and Services for Orange County
Meeting 1 & Homework Summary

Health Care Services

- 1) California: Care Transitions program
 - a. Nurse practitioner checks on patients after discharge, check on meeting follow-up
 - b. Hospitals are sponsor for program
 - c. Orange county has program like it – CRC, transitions to care beginning
 - d. Possible funding in Orange County for Transitions to Care program

Caregiver Support

- 1) Create support group for families struggling to advocate for family members in nursing homes in Orange County

Physician and Workforce Training

- 1) Using Durham Tech’s Orange County campus as a workforce training center

Neighborhood and Community Support

- 1) Project Vitality in Albert Lea, MN. (www.BlueZones.com)
- 2) Aging in Place models with health care components
 - a. Beacon Hill, Boston
- 3) Family Care Homes (that accommodate six residents in a home setting) that are vetted and certified by county government
 - a. Examples: California has good programs, as well as Charles House-Yorktown in Orange County. Charles house expanded from an adult care center to a home.
 - i. Develop a network of these family care homes through aging in place and villages initiatives
 - ii. Eden Alternative proposed by Dr. William Thomas, MD at Harvard.
 1. <http://www.edenalt.org/about-the-eden-alternative>
 2. <http://www.edenalt.org/research-and-date>
 3. <http://www.pioneernetwork.net/AboutUs/>
- 4) Multigenerational Facilities and Services to Improve Mental Health and Wellbeing of Older Adults
 - a. As Orange County continues to build and reformat buildings and programs, it may want to leverage infrastructure to serve all generations, as opposed to building a separate senior center, teen center, etc.

- b. Report from Generations United making the case for intergenerational shared sites:
<http://www2.gu.org/LinkClick.aspx?fileticket=iMXIx4uF5nI%3d&tabid=157&mid=606>

Resources and Directories

- 1) Create senior information service by enlisting the assistance of disabled Orange County users of the Access transportation system. The riders of this Access bus system seem to know of a lot of resources and programs.
 - a. Could be done by simply putting questions on a pad of paper on the buses, inviting riders to discuss and write answers.
- 2) Creating a directory for Complementary and Alternative health care services available in Orange County
 - a. Focus on local practitioners that are certified by their professional associations
 - b. Examples: naturopathy, homeopathy, reflexology
 - c. A brief summation of what situations in particular these modalities address with special effectiveness – not to replace standard medicine but supplement it.

Long Term Care Facilities

- 1) Evidenced-based exercise programs that are specific to the needs of Orange County residents living in long-term facilities
- 2) Evidenced-based activity programs that meet individual needs, provides a purpose in life and cognitive stimulation for Orange County residents living in long-term care facilities

Pharmacy

- 1) Kerr Drug “Asheville Project”
 - a. Program in Asheville where the pharmacy becomes more of a walk-in clinic. The goal of the project is to look at the advanced role of pharmacy in health. Clinics also treat minor illnesses.

