Project EngAGE Curriculum Overview

Session Description	Learning Objectives
(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.	• Meet fellow Project EngAGE participants • Learn core concepts about aging in Orange County and the US • Understand the context of how Project EngAGE fits within Orange County's Master Aging Plan & the Department on Aging • Learn about the goals and values of Project EngAGE • Complete pre-program questionnaires
(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.	• Explore and understand the continuum of living options available to aging adults • Understand the concepts of universal design, environmental safety at home, and available in-home resources • Begin to better understand the decision-making process
(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.	• Understand the existing options in Orange County for aging in community • Understand how new living communities for older adults can be created and sustained • Continue to understand the decision-making process
(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 crating 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.	• Understand the different long term care options in Orange County • Comprehend what it means to have quality care • Recognize patient rights in long term care facilities • Advocate for improved long term care

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 of Program of All-inclusive Care for the Elderly (PACE).	• Understand dementia as an umbrella term for cognitive impairment in older adults • Understand differences between normal aging and signs of dementia • Understand who can make a dementia diagnosis and how it is made • Gain insights into the experiences of dementia and its associated caregiving needs
(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.	• Acquire a basic understanding of our local, Orange County government • Begin to identify unique opportunities and challenges for meeting the needs of older adults • Create a dialogue with local government leaders toward improving aging-related services
(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.	• Understand the effects of health and healthcare access disparities • Understand the major implications of the Affordable Care Act, specifically for older adults, ages 55 +, Medicare and Medicaid. • Become familiar with relevant local organizations, agencies, individuals, and other sources for older adults
(8) Wellness 1: Your Mind: The Wellness, Mind & Body, 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 this first Wellness session, we will explore the concept of creating and maintaining a healthy mind, with an emphasis on prevention and evidence-based interventions. 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	• Understand the myths and realities around aging and mental health • Understand the core components of a healthy mind, including stress reduction • Develop a firmer grasp on available resources to help your community, including the Orange County mental health system

County mental health system, for older adults.	
(9) Wellness 2: Your Body: The Wellness, Mind & Body, 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 2: 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.	• Begin to understand how to maximize our physical, cognitive, and emotional well-being through nutrition, and physical activity • Explore the concept of using prevention measures to avoid, delay, and manage the onset of physical, cognitive, and mental chronic diseases, conditions, and falls
(10) Skills Lab: This session will consist of activities and discussions to help you recognize and enhance the leadership, communication and team skills you bring to your Senior Resource Teams.	• Build leadership and team skills through self-assessment and discussion of key concepts • Explore what it means to be a Project EngAGE "Senior Leader," and to be part of a "Senior Resource Team" • Begin brainstorming and discussing post-graduation projects and ideas
(11) Emergency Services: This session will cover available services and programs related to proactively preparing for, and responding to both personal emergencies, as well as larger-scale disasters. We will explore community and senior hunger issues, Orange County Emergency Services, and community police programs.	• Identify ways for seniors to prepare for personal health and safety emergencies (e.g., hunger, sudden illness, falls, a fire) • Identify key agencies, organizations, and information sources to use in the event of a large-scale emergency (e.g., flood, storm, etc.)
(12) Community Engagement: You will learn about strategies for successful community engagement and advocacy with skills that can applied in the Senior Resource Teams. You will also continue to learn about the current Senior Resource Teams and discuss your interest in joining one of the teams after graduation.	• Develop a basic understanding of the processes for successful community engagement and advocacy • Continue to learn about the current Senior Resource Teams and discuss interest in joining or starting new teams
(13) Preparing for Graduation: This session will encompass a review and evaluation of your Project EngAGE experience. We will discuss interest in Senior Resource Teams, both existing and new, and review graduation.	• Summarize key take-aways from Project EngAGE training • Plan future steps for creating and supporting Senior Resource Teams • Complete post-program evaluation questionnaires