

Health & Wellness Work Group Meeting 2

Orange County Department on Aging
2012-2017 Master Aging Plan



Welcome!

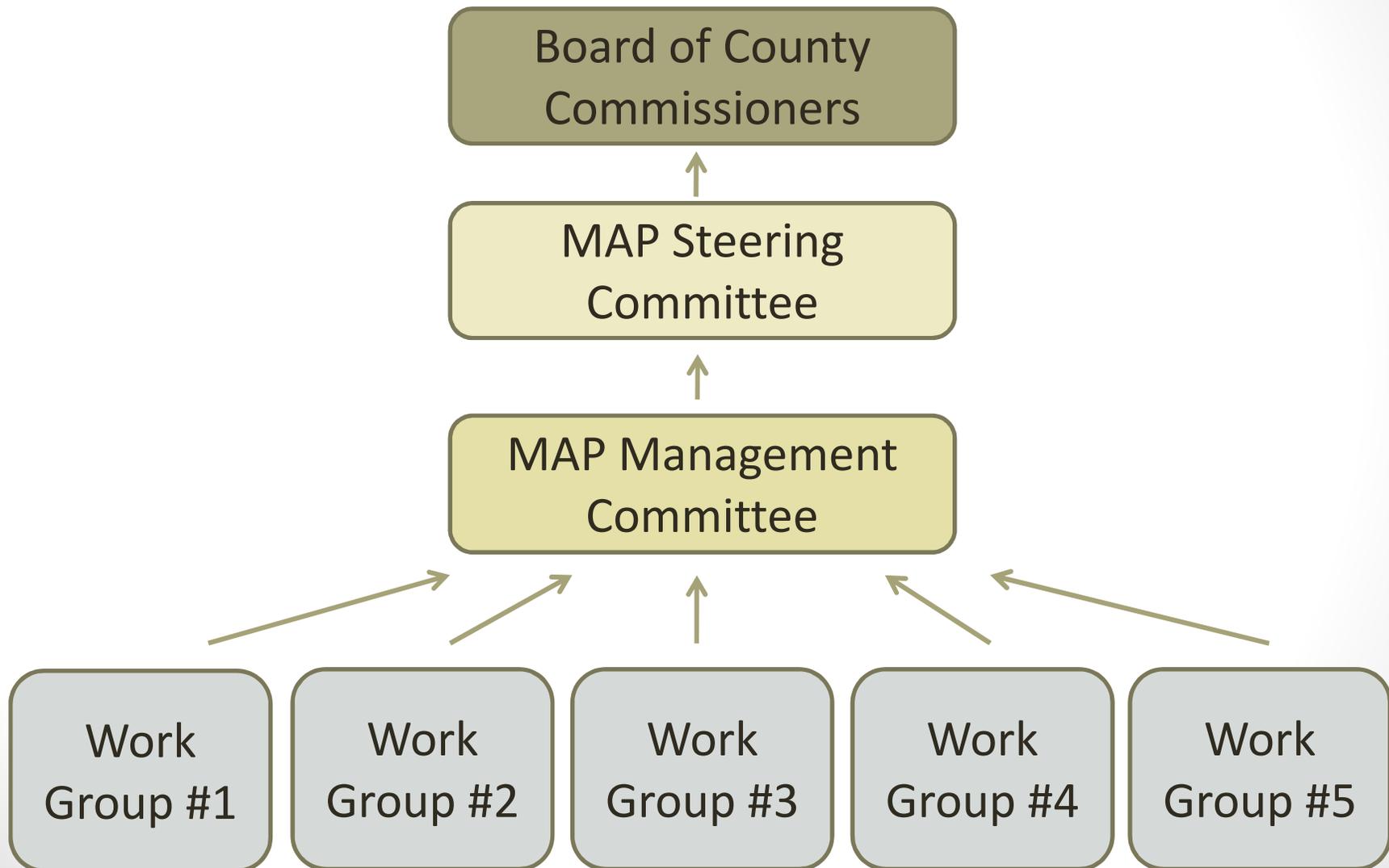
Introductions

- Name
- Organization, Affiliation, or Interest

What is the Master Aging Plan (MAP)?

- Strategic planning process conducted every 5 years
- Outlines anticipated need for county government services due to an aging population
- Community-oriented and collaborative
- Approved by the Board of County Commissioners
- Funding allocated according to outlined goals and objectives
- Orange County was the first NC county to create a MAP

MAP Participant Structure



Workgroup Structure

Five Workgroups:

1. Health and Wellness

Mental Health

Physician Education

2. Housing Options

Long-Term Care

3. Navigation and Transportation

4. Aging in Place Supports

Food and Nutrition

Safety and Security

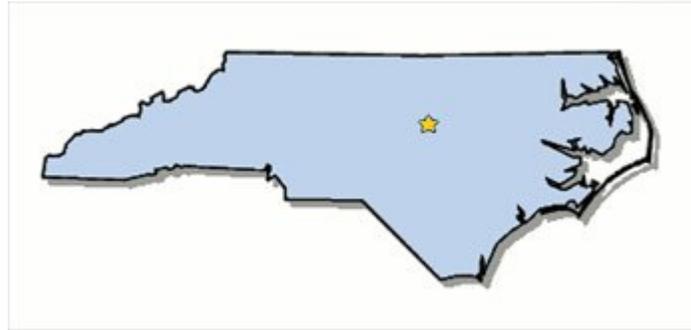
5. Community Engagement and Information Access

Public Education

Five Cross-Cutting Issues:

1. Affordability and Economic concerns
2. Geographic equity
3. Attention to under-represented groups
4. Workforce preparation
5. Information dissemination

State Goals



- Goal 1: Empower older adults, their families, and other consumers to make informed decisions and to easily access existing health and long-term care options
- Goal 2: Enable older adults to age in their place of choice with appropriate services and supports
- Goal 3: Empower older adults to enjoy optimal health status and to have a healthy lifestyle
- Goal 4: Ensure the safety and rights of older and vulnerable adults and prevent their abuse, neglect, and exploitation

State Goals, Cont.

- Goal 5: Empower older adults to engage in the community through volunteerism, lifelong learning, and civic activities
- Goal 6: Prepare North Carolina (Orange County) for an aging population
- Goal 7: Ensure an adequate direct care workforce for an aging population and opportunities for older workers
- Goal 8: Maintain good stewardship of publicly funded services

Overlapping Issues

1. Health and Wellness

Mental Health

Physician Education

2. Housing Options

Long-Term Care

3. Navigation and Transportation

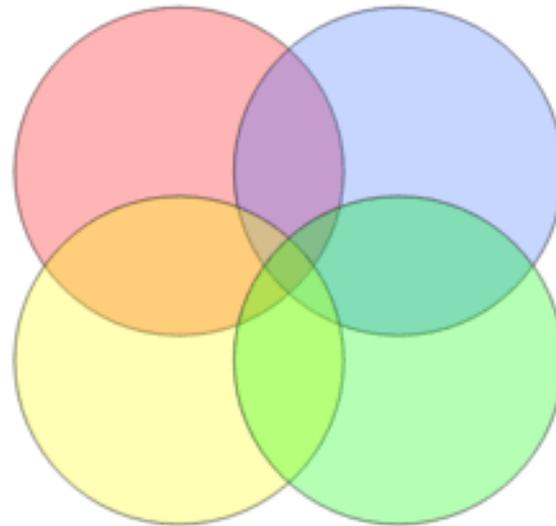
4. Aging in Place Supports

Food and Nutrition

Safety and Security

5. Community Engagement and Information Access

Public Education



Work Group Process: Meetings 1 and 2

- **Meeting 1: “Where We’ve Been and Where We’re Going”**
 - Review of MAP Process
 - Overview of work group process
 - Identify important work group subtopics and split into subgroups as needed
 - **Homework:** Research questions: what services exist or are possible? Does it exist in Orange County already? Note adequacy, quality, and equity. What more/different is needed?
- **Meeting 2: “Barriers and Facilitators of Success”**
 - Subgroups review what they have researched
 - Discussion of what services need protection, need to be improved, and need to be expanded
 - Group brainstorm on possible solutions for each subtopic
 - **Homework:** Identify barriers and facilitators of solution success

Meetings 3 and 4

- **Meeting 3: “Focus on Solutions”**
 - Subgroups review their research findings, select viable solutions
 - Group brainstorm on strategies for implementation
 - **Homework:** Research cost and feasibility of strategies
- **Meeting 4: “Importance and Feasibility: Drilling Down to Objectives”**
 - Review research findings
 - Prioritize objectives and strategies
 - **Homework:** What will success look like? Research indicators

Meeting 5

- **Meeting 5: “What Will Success Look Like?”**
 - Review research findings
 - Select indicators of success for each strategy identified under each objective
 - Finalize recommendations for MAP objectives, strategies and expected outcomes
 - Submit work to MAP Management Team



Discussion: Ground Rules

1. There are no bad ideas or solutions
2. Participate! We want to hear from everyone
3. Listen respectfully to others
4. Mind the allotted time on the agenda
5. Use plain language (limit acronyms and jargon)
6. Assume best intentions
7. Other rules?



Meeting 1 Recap:

Health and Wellness Issues

- **Affordability**
 - Insurance.
 - Availability of healthcare options.
- **Mental health**
 - Grief and loss.
 - Dementia.
- **Caregiving support**
 - Health and wellness for caregivers.
- **Alternative health options**
 - Older adults do not always desire medication.
- **Finding appropriate care**
 - Gerontologists.
 - Physicians who accept Medicare.
 - Hotline for older adults to determine if a doctor's visit is necessary.

Programs and Services

- **Recap of Meeting 1 Discussion**
 - Programs that currently exist in Orange County
 - Programs that could exist in Orange County



Programs and Services

Categories:

1. Health Care Services
2. Mental Health
3. Adult Day Care Services
4. Physician and Workforce Training
5. Prevention and Wellness
6. Neighborhood and Community Support
7. Resources and Directories
8. Long Term Care Facilities
9. Pharmacy

Homework 1: Discussion

- What existing or potential programs and services did you find?
- What should be implemented, protected, expanded, or improved in Orange County?
- What are barriers and facilitators to these programs being implemented, protected, expanded, or improved?

Homework!



- **Please see your homework handout sheet**
 - Choose one grouping of Health and Wellness issues
 - **Identify the various barriers and facilitating factors we might face in implementing, improving, expanding, or protecting programs and services in Orange County**
 - Record these programs and services on your handout

Note:

- As an employee or resident in Orange County, what makes it difficult to implement develop, improve, or expand this particular program or service?
- What makes it easier?

We will discuss what you find at the beginning of our next meeting!

Thank you for your participation!

Look for an email in the next several days with:

- 1) The notes from this meeting
- 2) Electronic copy of the homework assignment
- 3) Copy of PowerPoint Slides.
- 4) **January Doodle polls!**

