

Wellness Sub-Group

Objective 1: Improve publicity and information dissemination through collaboration

Strategies	Outcome indicators	Responsible agencies
1.1. Identify a key list of groups/individuals provide information to in order to maximize dissemination		
1.2. Attend physician office meetings		
1.3. Identify champions/liaisons within local doctors' offices/ERs/ pharmacies/ Urgent Care centers and within faith-based communities		
1.4. Distribute Senior Times and announcement flyers at least quarterly to these liaisons		
1.5. Ask relevant associations to serve as conduits for education dissemination		

Objective 2: Improve accessibility to wellness programs across the county

Strategies	Outcome Indicators	Responsible agencies
2.1. Conduct exercise and wellness education classes in locations outside of the of the senior centers that are more accessible to persons living in rural areas	<ul style="list-style-type: none"> - Exercise & Educational (with a focus on Nutrition) classes offered each quarter in rural locations outside the senior centers (Community Centers/Grange/Caldwell Center/Little River Park) - Additional and more readily available trained instructors 	<ul style="list-style-type: none"> - OCDoA: Wellness - DEAPR (all community centers and rural centers)
2.2. Expand transportation options to get persons to exercise and wellness education classes		
2.3. Reduce cost for classes – or offer more scholarships		
2.4. Improve safety in public parks, walking trails, etc. So that older adults will want to use them		
2.5. Reduce time commitment barriers to participation in evidence-based program/classes		

Objective 3: Expand and increase access to psychosocial support services

Strategies	Outcome Indicators	Responsible agencies
1.1. Create more support groups, e.g. health, grief, depression, change, etc., in various location & identify leaders for these groups	<ul style="list-style-type: none"> - More groups available - Key leaders identified for each group 	<ul style="list-style-type: none"> - OCDoA Senior Centers - UNC-Hillsborough Campus - Meadowmont Wellness Center - Non-profit Associations: Parkinson's, Freedom House, NAMI, Cardinal Innovations - Primary: OCDoA Senior Centers
1.2. Create promotional & educational materials to publicize available support groups & formal services	(also falls under Objective 1)	<ul style="list-style-type: none"> - Cardinal Innovations - OCDoA - Primary: Cardinal Innovations (?)
1.3. Create a directory of Mental Health services & available support services appropriate for older adults	<ul style="list-style-type: none"> - Directory created and maintained 	<ul style="list-style-type: none"> - OCDoA - Cardinal Innovations - Freedom House - Primary: (?)

Objective 4: Develop a healthcare navigator service to help older adults access and appropriately use preventive and curative services

Strategies	Outcome Indicators	Responsible agencies
4.1.Create a community empowerment fund to help develop an advocacy model	(ON HOLD)	(ON HOLD)
4.2.Create a resource pool from retired nurses and doctors that would become Navigators and/or Advocates for at risk seniors (Public Health Reserve Corps.)	<ul style="list-style-type: none"> - Group of trained volunteers who provide navigation - A Coalition & Lead Agency are identified to manage the service 	<ul style="list-style-type: none"> - OC Health Department - UNC Senior Alliance (ACO) - OCDoA: SHIIP/Volunteer Connect 55+ - Primary: OCDoA
4.3.Parish Health Nurse concept – Congregation Health Network (Memphis model)	<ul style="list-style-type: none"> - Pilot in place - If successful expand to other faith groups 	<ul style="list-style-type: none"> - UNC-Hospital Hillsborough - Faith groups - Project EngAGE: Faith-based Senior Resource Team