

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 country

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		

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
3.1.Create more support groups, e.g. health, grief, depression, change, etc., in various location		

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		

4.2. Create a resource pool from retired nurses and doctors		
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